SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 13

LONDON metro®

SOMEBODY IS GOING TO WIN.
It could be you.
THE NEW LOTTO 649
NOW WITH A GUARANTEED $1 MILLION PRIZE DRAW
NEWS WORTH SHARING.

MICHAEL J. FOX LANDS ROLE AS ... MICHAEL J. FOX

BELOVED CANADIAN ACTOR RETURNS TO FULL-TIME TV FOR FIRST TIME SINCE 2000 TO PLAY A N.Y. NEWS ANCHOR WITH PARKINSON'S PAGE 12

Welcome to the nitty-gritty of London life

Los Angeles-based travel writer who focuses on cities off the beaten path praises London's history PAGE 3

Buffy Sainte-Marie: 72 and still fightin'

Singer-songwriter taking London stage at Aeolian Hall on Tuesday to promote her first CD in 13 years PAGE 11

Big Knights await the call

London club at a standstill a week before regular season starts with Olli Maatta, Nikita Zadorov, Bo Horvat and Max Domi waiting to see if they've made the NHL PAGE 21

Downtown plan to cost LTC millions

Bus riders and pedestrians navigate the sidewalk Wednesday at Dundas and Richmond streets.
MARK SPOWART/FOR METRO

Transit. Service already lacking, general manager admits

SCOTT TAYLOR
scott.taylor@metronews.ca

If the city's vision for downtown comes to fruition, the London Transit Commission will have to grow by leaps and bounds at a substantial cost.

And it will have to happen sooner rather than later, LTC general manager Larry Ducharme said.

In fact, Ducharme is offering a mea culpa for the quality of service the LTC is delivering now, much less later down the road when the downtown master plan — and all the people it's expected to draw to the core — really hits the fan.

"I apologize for service not being what it should be," he said Wednesday.

"We just don't have the amount of services and service design that we need," he told Metro. "The ridership-to-service ratio is four-to-one. Where are you putting them all?"

Complaints and concerns

How is LTC doing today compared to last year?

- **17 per cent** increase in "service complaints"
- **10 per cent** increase in "service concerns"
- **1.3 per cent** below projections for ridership

While ridership is almost on par with 2012, it is below 2013 projections by 1.3 per cent, and Ducharme thinks he knows why.

There's been a 17 per cent increase in service complaints related to buses running on schedule, overcrowding and missed passengers, something that happens when buses are full and can't stop to pick up people waiting at stops.

A "sustained poor economy" is also to blame, Ducharme said, though he noted there are many less visible reasons for the slip in ridership as well.

That doesn't bode well for what needs to happen to make way for the downtown plan. Those changes, Ducharme said, call for an annual operating budget increase of $633,900 to pay for 14,800 additional service hours — estimates driven largely by the number of people who would be downtown if the master plan comes to fruition.

The figure is on top of $4 million needed to buy eight new buses to meet demand.

Of course, the downtown plan is all just an idea now and very much subject to change.

Ducharme said he doesn't try to look into the future, especially when others are building it.

"I choose not to speculate because there's a process for it. (The city) developed a conceptual draft for the downtown master plan, they're now putting that out for feedback and import where people will voice their yeas and nays," he said. "We're going to voice some of the concerns we have, and that's all going to get rolled in.

"They have a whole bunch of stuff they have to deal with and they have a challenge to decide which one gets priority."

It's Homecoming Weekend!

Canada's best homecoming starts today. From class reunions to sporting action to family-fun events, it's a weekend filled with activities for everyone.

Relive the Western Experience

Western invites you to join in the celebration as we welcome our alumni back to campus to relive their Western Experience. For information on all the events, visit our website. Join the conversation on Twitter and Facebook.

westernhomecoming.uwo.ca #westernhoco

Sept 26-29
Homecoming 2013
Western Alumni

The phone you want.
The network you can rely on.

iPhone 5S

Get iPhone 5s on Canada's most reliable* 4G network.

Plus, pair it with a TELUS SharePlus Plan and get:

- Unlimited nationwide talk & text†
- Ability to add a line for as low as $35/mo.
- Shareable data‡

Find out more at **telusmobility.com/iPhone5s**

TELUS
the future is friendly®

For more details, visit your TELUS store, authorized dealer or retailer, or call 1-866-264-2966.

BEST BUY · BLACK'S · FUTURE SHOP · THE MOBILE SHOP · Walmart

TELUS STORES & AUTHORIZED DEALERS

London	100 Belmont Dr	**Sarnia**	**St. Thomas**	**Strathroy**	**Tillsonburg**	**Woodstock**
Masonville Place	351 Hamilton Rd	Lambton Mall	First Railside Shopping Centre	Strathroy Crossing	Tillsonburg Town Centre	477 Dundas St
White Oaks Mall	397 Wellington Rd	1361 Confederation St				

*Based on testing of voice-call success rates, data-session completion rates and industry-standard call-quality measures against other national wireless service providers in metropolitan areas across Canada. †Premium and subscription messages are not included. Customers with devices not able to display picture or video messages will receive a text message that includes a web address for viewing. ‡Only one SharePlus Plan subscriber on the account requires a data option. That data can be shared with up to four additional devices. The first device on each TELUS SharePlus Plan must be a smartphone, Smartphone Lite or other mobile phone. Compatible phone required for BYOD option. TELUS, the TELUS logo, the future is friendly and telusmobility.com are trademarks of TELUS Corporation, used under licence. Apple, the Apple logo and iPhone are trademarks of Apple Inc. All other trademarks are the property of their respective owners. © 2013 TELUS.

Well-travelled writer falls hard for London

Avoiding major tourist traps. City council TV on the list of nitty-gritty

SCOTT TAYLOR
scott.taylor@metronews.ca

He came, he saw, we conquered.

David Lang, a Los Angeles-based travel writer for the two largest Chinese-language dailies in North America, spent Tuesday and Wednesday touring the Forest City for an upcoming article.

Turns out, he likes what we've done with the place.

Many tourists hit "destination" cities first, he said, but on a second visit want to learn more about the country itself. That means getting to know the culture, talking to the people and eating local cuisine to really get a taste of the locale.

So, when Lang is doing his research, that's exactly what he does: Reaches into the nitty-gritty of daily life.

He specializes in visiting cities that are a bit off the beaten path.

"That's why I came to London," he said. "I think London is very unique. It's one of the most underrated cities, and it has a lot to offer."

Mother Nature was on our side serving up one of the most gorgeous days of the year Wednesday, but Lang found much more than that to like.

"The city has a lot of history. I went to Eldon House and to Banting House. And places like (Covent Garden Market) I love because I'm a big believer in farmers' markets and having the farms and restaurants coming together.

"That's why I picked Tamarine (restaurant). I read an article about all these great Vietnamese restaurants here, so I wanted to see how they compare with what we have in Los Angeles," Lang said. "Hey, I would say it's comparable."

Lang fit meals in between an early-morning hot-air balloon ride and a late-night, televised city council debate he found to be compelling viewing.

"Some of the councillors were getting very emotional," he said with a laugh.

Tourism London's Melissa De Luca said efforts are being made to reach out to travel writers like Lang and bring them to London.

"We build good relationships with these travel writers in hopes that they'll come and see for themselves what kind of a beautiful city we have," she said.

The grand tour

David Lang's trip to London included stops in the following places:

- Attic Books
- Jonathan's Gallery
- Steve Tracy Fine Art
- Western University
- Labatt Brewery
- Museum London

The Covent Garden Market was one of the London spots Los Angeles-based travel writer David Lang visited.
SCOTT TAYLOR/METRO

Illegal drug use. Health centre attempting to create 'safe space' for clients

An Old East Village health centre did invite drug dealers to a meeting earlier this week, it has confirmed.

But the London InterCommunity Health Centre insists the point of the meeting was to stop criminal behaviour on the street.

Residents who have criticized the meeting for doing nothing to ward off drug use and sales on city streets aren't looking at the whole picture, said Megan Cornwell, the health centre's communications director.

"We have observed a significant increase in illegal drug activity on the street," Cornwell told Metro. "Effective immediately, we will be asking people who are even creating a perception of drug activity to move along."

That was the issue addressed at Monday's meeting at the centre, the first of what's expected to be a series of gatherings as part of what's being called a "Safe Spaces" project.

"We are not condoning that there is illegal activity," said Cornwell, "but we are also trying to make sure that people get health care.

"It is our clients sometimes who are engaging in these behaviours. Sometimes it's not."

The centre's clients are some of the poorest people in London, she said, and about 20 per cent of them are homeless. Their welfare is paramount.

Related problems residents have pointed out — like needles being left lying around — will be addressed at future meetings, Cornwell said.

MIKE DONACHIE/METRO

Safe Spaces project

- The new project is designed to ensure the London InterCommunity Health Centre is safe for all clients.
- Police have assessed the interior of the centre to ensure staff can see all public areas.
- An open letter has been drawn up for clients, outlining what behaviour is unacceptable.
- Staff have been trained to conduct foot patrols outside the centre and ask people who are loitering to leave.
- There's also a "behaviour chart" that lists what should not happen. People who break the law face being "disinvited" from services for a time.

Canine unit called in. Man arrested for alleged assault with coffee table

He ran, but he couldn't hide.

The London police canine unit was called in early Tuesday evening after a man accused of assaulting another man with a coffee table fled the scene before police could arrive.

Const. Ken Steeves said a 28-year-old got into an argument with a 45-year-old at a residence in the area of Jalna Boulevard and Scotchmere Crescent. The younger man is accused of throwing the coffee table at the other man.

The suspect fled the scene before police could arrive, but the canine unit sniffed him out hiding nearby, police said. He was arrested without incident and has been charged with assault and possession of a weapon for a dangerous purpose.

CONTRIBUTED

The victim sustained minor swelling and scrapes. He didn't require medical treatment, police said.

SCOTT TAYLOR/METRO

Click 'yes' to renew. Province takes driver's licence renewal online

Ontarians who are due to renew their driver's licences can now do it online instead of standing in line.

Government Services Minister John Milloy announced the change Wednesday, saying most of the 1.6 millions motorists who must renew annually will be eligible. "You won't need to have a new photo taken," Milloy noted.

With licences up for renewal every five years, photos will only have to be taken every 10 years. So that means every other renewal will have to be done in person.

Still, the new service will make life easier for motorists in good standing up to the age of 79 who don't have outstanding tickets or fines.

While the change has the potential to ease lineups at Service Ontario centres, only about five per cent of motorists are expected to take advantage of the online renewals in the first year as the option catches on, officials said.

Drivers renewing online can get licence-plate stickers in the same transaction. Interac Online and major credit cards will be accepted.

Health cards must still be renewed in person.

TORSTAR NEWS SERVICE, WITH FILES FROM THE CANADIAN PRESS

Drug-ring bust. Heroin found woven in carpets

More than a dozen kilograms of heroin woven into carpets shipped to Toronto's airport are among drugs seized by police and border agents, who say they have interrupted an international trafficking ring.

Eleven people, mostly residents of the Greater Toronto Area, are facing 76 drug charges. The joint investigation, dubbed Project Infinity, between provincial and Toronto police as well as the Canada Border Services Agency began in June 2010, when border services agents at Pearson airport found 15 kilograms of heroin inside 27 carpets that arrived from Pakistan. The drug had been put into the main support strands and the carpets were woven around them, likely by people who were paid almost nothing for their labour, police said.

In total throughout the investigation police seized 160 kilograms of ephedrin, which is used to make crystal meth, 24 kilograms of heroin, 20 kilograms of ecstasy, four kilograms of crystal meth, a kilogram of cocaine and nearly a kilogram of opium.

THE CANADIAN PRESS

Matt Reid, 27, a lawyer at Cohen Highley, is the newest and youngest trustee on the Thames Valley District School Board. MARK SPOWART/FOR METRO

From student to the real deal

Matt Reid. London's newest school board trustee got early start in public service

MARK SPOWART
london@metronews.ca

Matt Reid wasn't in entirely unfamiliar waters when taking his seat as the newest Thames Valley school board trustee. Fact is, Reid went through something similar about 10 years ago, sitting on the board as a student trustee during his days at Sir Wilfred Laurier Secondary School.

At least one of the topics up for discussion at the time, Reid said, was a hefty one.

"It was my Grade 12 year, and we were dealing with the Safe Schools Policy that was designed to be more inclusive for gay and lesbian students," he said. "It was a very interesting and eye-opening year."

Reid has been tapped to fill the school board seat left vacant by Peggy Sattler, who resigned after being elected to Queen's Park in August.

Instead of having a byelection to fill the spot, the school board issued an open call for applications. Reid was one of 23 people who answered.

At a glance

- Matt Reid officially took his seat on the school board Tuesday.
- He will represent Wards 2, 3, 4, 5 and 6 alongside trustee Peter Jaffe.
- His term continues through Nov. 30, 2014.

His involvement with the school board as a student helped shaped his future, Reid said. Student trustees don't get to vote on issues, but they are charged with presenting the voices of their peers to others on the board.

That experience, Reid said, led him to later sit on the board of governors at Western University, a position that saw him placed on the selection committee that hired Western president Amit Chakma.

"My school board experience gave me a first-hand look into how you deal with multi-million-dollar public budgets, and gave me the motivation to be involved," Reid said.

PenEquity's complex under the microscope, again

PenEquity's plans to build a retail complex near Highway 401 and Wellington Road have hit a new roadblock.

City council gave a green light to the project last month over cries from opponents concerned that it would destroy a woodlot. Now, the Upper Thames River Conservation Authority has slammed on the brakes.

The authority has filed an appeal with the Ontario Municipal Board citing several reasons why the development — billed by Mayor Joe Fontana as a $300-million gateway to the city — should be axed.

One of the biggest concerns cited by the conservation authority is that the project would destroy a wetland on the property. That wetland "may be provincially significant" and the development shouldn't proceed without an environmental assessment.

The authority's appeal deals specifically with properties located at 3130 and 3260 Dingman Dr. and the rear portion of 4397/4407 Wellington Rd. S.

PenEquity's proposal includes several big-box stores and a movie theatre. Officials have said it would create more than 1,000 jobs. METRO

Latest audit recommends an increase in library fees

Conspicuous timing.
Report comes as city boards pinch pennies, budget talks near

By the numbers

$18M

Amount of potential savings and new revenue identified in first PricewaterhouseCoopers audits done for the city.

MARK SPOWART
london@metronews.ca

The London Public Library is missing out on a chance to bring in a fairly hefty chunk of change, an auditing firm says.

PricewaterhouseCoopers has identified a host of ways — largely through upping fees for some services to better reflect "market conditions" — that could bring in anywhere from $70,000 to $300,000 a year.

The library board has already taken action on at least one of the items recommended in the audit report. A fee charged for exam proctoring has been increased to $55 from $45 — an increase that could generate an extra $1,000 to $6,000 a year, board chair Josh Morgan said.

Other recommendations, like increasing the price tag for leasing library space and reporting more people with fines to collection agencies, are still being considered.

"We will always have tiered leasing rates for non-profits or businesses, but we will be looking at our lease rates as contracts come up for renewal," Morgan said.

The city offered up audits of boards and commissions earlier this year after a look through the books at city hall turned up a long list of ways to save and bring in new money.

With nearly all agencies that receive city funding facing a budget crunch, the library board was on board from Day 1, Morgan said.

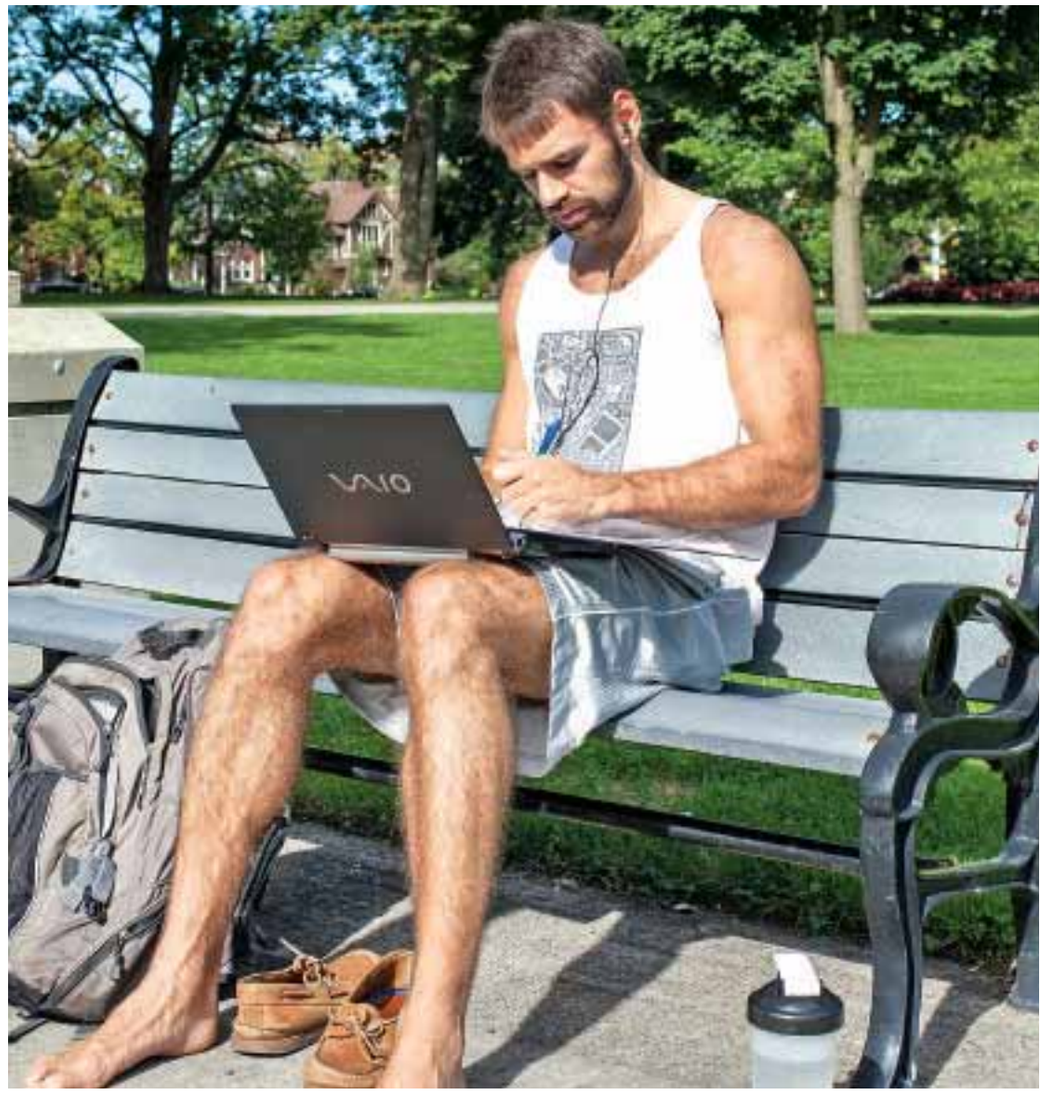
"The library was the first to raise their hand when the city made these audits available," he noted.

The library is requesting a 2014 funding increase of 1.8 per cent from city hall. The increase, officials have said, is just enough to hold the status quo on service levels.

City officials, meanwhile, want boards and commissions to rein in finances.

The groups have been given budget targets only 0.7 per cent over what they saw for 2013.

So, in other words, tapping every available source of revenue and finding as much savings as possible is a big priority.



Feeling like summer in late September

Summer really is over, according to the calendar anyway. Lots of people, though, including Peter Forte, pictured above, are hanging on as tightly to summer as they can. It wasn't hard Wednesday as London's high hit a not-so-fall-feeling 21 C — giving Forte, a fourth-year health-sciences student at Western, a chance to soak up some sun in Victoria Park. Similar highs are expected through the weekend. MARK SPOWART/FOR METRO

Time to talk about assisted suicide: Health minister

It's time for Canadians and their leaders to talk about the taboo of assisted suicide as part of end-of-life care, Ontario Health Minister Deb Matthews said Wednesday.

But in the end, it's up to the federal government to decide whether it should be legal, she said. Euthanasia and assisted suicide are illegal in Canada, and the federal government has repeatedly said it has no plans to change those laws.

"I think it's about the community having the conversation, I think it's about people having the conversation,'' Matthews said.

A prominent doctor's impassioned, videotaped appeal to legalize assisted suicide just a few days before his death has reopened the emotionally charged debate.

Dr. Donald Low, who shepherded Toronto through the 2003 SARS crisis, asked that Canada allow people to die with dignity, eight days before he died from a brain tumour last week at age 68.

Matthews said she'd be surprised if the topic doesn't come up when provincial, federal and territorial health ministers meet in Toronto on Sept. 27.

But she wouldn't divulge her own view about assisted suicide.

"Of course, I have strong personal opinions. I think everybody does,'' she said.

"But I'm not speaking as a person, I'm speaking as health minister for Ontario."

THE CANADIAN PRESS

Funding announcement

Agency gets $200K federal boost to benefit sexual-assault victims

The Sexual Assault Centre of London is getting nearly $200,000 from the federal government to continue its work in the community.

London North Centre MP Susan Truppe, acting on behalf of Attorney General Peter MacKay, made the funding announcement Wednesday at the sexual-assault centre's Horton Street headquarters.

The money, Truppe said, will directly "benefit survivors of sexual violence by helping the Sexual Assault Centre London and other service providers in the London and Middlesex area create a more responsive system that is able to effectively meet individual needs."

The centre has supported survivors of sexual violence and worked to change attitudes about sexual violence for more than 30 years.

Leaders plan to use the government funding to create and promote a "learning network" along with a peer-support program for victims.

Money for the effort comes through a fund set up to implement the Federal Victims Strategy, established in 2007 and renewed in 2011.

The federal government has spent more than $120 million since 2006 to give victims a louder voice through Justice Department initiatives.

METRO

On the web

For more local news go to metronews.ca

Al-Shabab says foreigners were a 'legitimate target'

Kenya attack. Somali Islamic extremist group claims they took 'every possible precaution' to separate Muslims from non-believers

Al-Shabab, the armed Somali Islamic extremist group that attacked a shopping mall in Kenya, said Wednesday that foreigners were a "legitimate target" and confirmed witness accounts that gunmen tried to let Muslims go free while killing or taking the others captive.

In an email exchange Wednesday with The Associated Press, al-Shabab said: "The Mujahideen carried out a meticulous vetting process at the mall and have taken every possible precaution to separate the Muslims from the Kuffar (disbelievers) before carrying out their attack."

According to published accounts, witnesses have said the gunmen rounded up people, asked questions about Islam and told the Muslims to leave the mall.

At least 18 foreigners were killed, including six Britons and citizens from Canada, France, Trinidad, the Netherlands, Australia, Peru, India, Ghana, South Africa and China, when the militants entered the Westgate Mall on Saturday, slaughtering men, women and children with assault rifles and grenades and taking people hostage. The current death toll is 67 and is likely to climb with uncounted bodies remaining in the rubble of the Nairobi mall.

Despite their efforts to spare Muslims, some of those killed were members of the faith. One man, Louis Bawa, whose wife Zahira and daughter Jennah were killed, told a London newspaper that al-Shabab was "using religion as an excuse to kill people."

"Zahira and Jennah were Muslims, but these animals just shot them the same as all of the others," Bawa told The Telegraph.

Mary Italo grieves for her son Thomas Abayo Italo, 33, who was killed in the Westgate Mall attack, as she waits to receive his body at the mortuary in Nairobi, Kenya, Wednesday. Thomas was an accountant and the breadwinner of the family who helped look after Mary, who is sick, according to relatives. Kenyan authorities prepared for the gruesome task of recovering dozens more victims than initially feared after the country's president declared an end Tuesday to the four-day siege of the Nairobi mall by al-Qaida-linked terrorists. BEN CURTIS/THE ASSOCIATED PRESS

Asked if the separation of Muslims from non-Muslims at the outset of the mall attack represented a change in tactics, the group insisted in an email that it "has never deliberately targeted Muslims."

"Our targets have always been disbelievers, invaders and the apostate governments officials/troops who are allied with them," it said.

THE ASSOCIATED PRESS

Pakistan quake survivors struggle for food, shelter

Villagers sit under a tree near the rubble of destroyed homes following an earthquake in the remote district of Awaran, Pakistan, Wednesday. ARSHAD BUTT/THE ASSOCIATED PRESS

Survivors built shelters with sticks and sheets Wednesday, a day after their mud houses were flattened in an earthquake that killed 285 people in southwestern Pakistan.

While waiting for help to reach remote villages, hungry people dug through the rubble to find food. And the country's poorest province struggled with a dearth of medical supplies, hospitals and other aid.

The quake flattened wide swaths of Awaran district, where it was centred, leaving much of the population homeless. Almost all of the 300 mud-brick homes in the village of Dalbadi were destroyed.

Noor Ahmad said he was working when the quake struck and rushed home to find his house levelled and his wife and son dead.

"I'm broken," he said. "I have lost my family."

At least 373 people were also injured, according to a statement from the National Disaster Management Authority, which gave the latest death toll.

Doctors in the village treated some of the injured, but due to a scarcity of medicine and staff, they were mostly seen comforting residents.

The remoteness of the area and the lack of infrastructure hampered relief efforts. Awaran district is one of the poorest in the country's most impoverished province.

Just getting to victims was challenging in a region with almost no roads where many people use four-wheel-drive vehicles and camels to traverse the rough terrain.

"We need more tents, more medicine and more food," said a spokesman for the provincial government, Jan Mohammad Bulaidi.

THE ASSOCIATED PRESS

Created by catastrophe

Alongside the carnage of Pakistan's earthquake came a new creation: a small island of mud, stone and bubbling gas pushed forth from the seabed.

- Experts say the island was formed by the massive movement of the earth during the 7.7-magnitude quake that hit Pakistan's Baluchistan province.

Asiana Flight 214

U.S. investigating whether airline failed to help families after crash

In the first investigation of its kind, federal transportation officials are reviewing whether Asiana Airlines failed to meet legal obligations to help families of passengers after one of its planes crashed in San Francisco International Airport.

Three died and dozens were injured when Asiana Flight 214 crashed on July 6. Under U.S. law, Asiana was required to provide services to family members of the passengers, from the posting of a toll-free information number, to providing transportation and lodging.

THE ASSOCIATED PRESS

Spain

Judge names 22 rail company officials as suspects in crash

The judge investigating a high-speed train crash that killed 79 people in Spain has named 22 rail infrastructure company officials as suspects.

A court statement said Judge Luis Alaez has asked the Adif officials, including the company's three most recent presidents, to come in for questioning as suspects.

The officials also include board members and senior managers in charge of safety on the stretch near Santiago de Compostela where the crash occurred. THE ASSOCIATED PRESS

China

Man gets death for killing child in parking dispute

A Beijing court on Wednesday convicted a man of murder and sentenced him to death for hurling a toddler to the ground in a case that horrified the Chinese public.

The two-year-old girl died in a hospital days after the incident. Her attacker, Han Lei, was caught the following day. The court said Han, 39, was looking for a parking space when he told the mother that her carriage was in his way. It said Han grabbed the girl from her carriage and raised her above his head before throwing her to the ground.

THE ASSOCIATED PRESS

How to land a billionaire: Berlusconi's girl

Rome. Berlusconi's girlfriend has been by his side as he has gone through convictions for tax fraud and paid sex with a minor

Here's one way to land a billionaire: Silvio Berlusconi's 28-year-old girlfriend says she courted the 76-year-old former premier relentlessly until he finally surrendered.

Now she's just waiting for him to agree to marry her.

In an interview published Wednesday in the Italian edition of Vanity Fair, Francesca Pascale described two years of pain and jealousy as Berlusconi responded to the failure of his second marriage by throwing lavish "bunga bunga" parties for young women.

Pascale said she met "B," as she calls him, in 2006 while working for his political party, although she had him in her sights much earlier, when she was under 18.

"He completely rejected me," she said of her initial volley. "But mine is an unending courtship. It's still going on today."

Pascale professed her love for him in 2009. By then they were close, but she said they never spent time in private together because he was still married.

Finally her persistence paid off; she said Berlusconi gave her a diamond ring on Christmas 2011.

THE ASSOCIATED PRESS

She's unrelenting

"I sought him out, I courted him, I made him fall in love and I made him my boyfriend.... Practically I've done everything: He only has to say 'Yes.'"

Francesca Pascale, Berlusconi's girlfriend

A copy of the Italian edition of Vanity Fair magazine featuring Berlusconi and his girlfriend. THE ASSOCIATED PRESS

Bakersfield, Calif. Doctor saves choking diner's life with pen tracheotomy

A noted California doctor armed with just a pocket knife and a pen performed an emergency life-saving tracheotomy on a diner who was choking on a piece of meat.

Dr. Royce Johnson, Kern Medical Center's chief of infectious diseases, cleared the airway of Pauline Larwood at The Mark restaurant in Bakersfield, Calif., the Bakersfield Californian reported Tuesday.

Some of the nation's top doctors and other area leaders who were in town for a symposium on valley fever also were in the restaurant.

A Bakersfield assemblywoman, Shannon Grove, witnessed the incident that took place on Monday.

Grove said both her husband and Johnson tried to perform the Heimlich manoeuvre on Larwood.

"She had already started turning a real, like, blue, her fingers and her lips," Grove said.

After the Heimlich failed, Grove said she watched in amazement as Larwood was laid back in a chair and Johnson used a friend's pocket knife to make an incision in her throat.

As several physicians gathered around Larwood, someone called for a pen. Johnson then broke it in half and inserted the hollow cylinder to use as a breathing tube.

The procedure was successful as Larwood was rushed to a hospital. Her son said Tuesday that Larwood was doing fine.

THE ASSOCIATED PRESS

The procedure

- Opening a direct airway through an incision in the trachea or windpipe
- Inserting a tube, which allows a person to breathe without the use of his or her nose or mouth

Calm under pressure

"He didn't scream; he just said, 'I need a knife.'"

Shannon Grove, a Bakersfield assemblywoman, recounting the rescue story

Winnipeg

Liquids on planes

Better screening technology means people may soon be able to take some liquids on Canadian flights.

Federal Transport Minister Lisa Raitt says an international working paper by Australia, Canada and the U.S. recommends relaxing the rules around carry-on liquids.

Raitt says airports will start loosening the rules on select items in January.

THE CANADIAN PRESS

Calgary Stampede

Disqualification of champion steer upheld

It's not exactly a case of steeroids, but a review has upheld the suspension of a championship steer at this year's Calgary Stampede for the use of banned substances.

Drug testing of the top two steers in the July 13 Steer Classic Competition revealed the presence of two separate drugs, Ibuprofen and Flunixi, in the 2013 winner.

THE CANADIAN PRESS

saveONenergy℠
COUPON EVENT

Are you ready to DO MORE to save money and energy?

The **COUPON EVENT** helps you save instantly on energy-efficient products including power bars with integrated timer or auto shut-off features. They can help you save up to 20% on your household electricity costs.

Get your energy saving coupons at **saveonenergy.ca/coupons** or at participating retailers.

- BMR (Winchester and Windsor locations only)
- Buck or Two
- Canadian Tire
- Costco
- Han Star
- Home Hardware
- K&S Value
- Living Lighting
- Lowe's Canada
- Rona
- Royal Lighting
- Sears
- Sescolite
- The Home Depot
- TSC Stores
- Turkstra Lumber
- Walmart

For a full list of participating retail stores please visit: **saveonenergy.ca**.

THE COUPON EVENT ENDS ON SUNDAY, OCTOBER 27TH.

ONTARIO POWER AUTHORITY

Subject to additional terms and conditions found at **saveonenergy.ca**. Funded by the Ontario Power Authority and offered by your local electric utility. A mark of the Province of Ontario protected under Canadian trade-mark law. Used under licence.
℠Official Marks of the Ontario Power Authority.

D.C. shooter: Radio waves drove me to it

Washington. Navy Yard shooter's weapon inscribed with phrases like: 'End to the Torment!' and 'Better off this way'

A closeup image of Aaron Alexis's Remington 870 shotgun. Scratched on it is "Not What yall Say!" THE ASSOCIATED PRESS

Navy Yard gunman Aaron Alexis left a note saying he was driven to kill by months of bombardment with extremely low-frequency radio waves, the FBI said Wednesday in a disclosure that explains the phrase he etched on his shotgun: "My ELF Weapon!"

Alexis did not target particular individuals during the Sept. 16 attack in which he killed 12 people, and there is no indication the shooting stemmed from any workplace dispute, said Valerie Parlave, head of the FBI's Washington field office.

Authorities said his behaviour in the weeks before the shooting and records later recovered from the hotel room where he was staying reveal a man increasingly in the throes of paranoia and delusions.

"Ultra-low frequency attack is what I've been subject to for the last three months, and to be perfectly honest that is what has driven me to this," read an electronic document agents recovered after the shooting.

Alexis, a 34-year-old former navy reservist and computer technician for a defence contractor, used a valid badge to get into the Navy Yard with a sawed-off Remington shotgun he had legally purchased two days earlier.

He was killed by a U.S. Park Police officer following a rampage the FBI said lasted about an hour.

THE ASSOCIATED PRESS

FBI Washington

"We have not determined there to be any previous relationship between Alexis and any of the victims."

Valerie Parlave, head of the FBI's Washington field office

Orlando, Fla. Gun group plans shotgun giveaway as crime-fighting tactic

A gun group is offering free shotguns to residents in Florida, billing it as a way for people to protect themselves against crime.

Members of the Florida chapter of the Armed Citizen Project, which is based in Texas, began advertising the program on fliers in the Sunshine Gardens neighbourhood near Orlando. The neighbourhood is about 40 kilometres south of Sanford, a city thrust into an international debate about self-defence and race after neighbourhood watch volunteer George Zimmerman killed Trayvon Martin, an unarmed 17-year-old.

Zimmerman says he shot the teen in self-defence and was cleared of all charges in Martin's death.

Ron Ritter, president of the Armed Citizen Project of Florida, said Wednesday that new owners of the donated guns will have to pass a background check and complete gun safety training.

"It's not one of those things when we hand a gun to someone and don't hear from them again," Ritter said. "We're going to keep in touch if someone is receiving a donation." THE ASSOCIATED PRESS

Alaska

Apple Maps app directs drivers to runway at airport

A glitch in the Apple Maps app on newer iPhones and iPads guides people up to a runway at a major Alaska airport instead of sending them on the proper route to the terminal, an airport official said Wednesday.

The map actually stops at the tarmac, but twice this month, wayward drivers have continued across an active runway.

There were no injuries in either incident because they both happened early in the morning, between flights. THE ASSOCIATED PRESS

Los Angeles

California minimum wages to take a hike

Calling it a "matter of justice," Gov. Jerry Brown put his signature on a bill Wednesday that will hike California's minimum wage to $10 an hour within three years.

The increase is the first to the state's minimum wage in six years and comes amid a national debate over whether it's fair to pay fast-food workers, retail clerks and others wages so low that they often have to work second or third jobs. Brown called the bill long overdue.

THE ASSOCIATED PRESS

Nairobi attack puts spotlight on mall security around the globe

Retail. Industry worries that increasing measures to keep shoppers safe will just scare them away

Some malls around the world have been scrambling to add security guards to look for suspicious people following a deadly attack on a shopping centre in Nairobi over the weekend. But for other malls, it's been business as usual.

The mixed reactions by malls across the globe isn't unusual in an industry whose security efforts vary from unarmed guards in most shopping centres in the U.S. to metal detectors and bag searches in places like Israel to main entrances that resemble airport security lines in India.

The disparity offers a glimpse at why any moves following the Nairobi incident to increase mall security in countries that have less strict procedures aren't likely to last: The industry continues to struggle with how to keep shoppers safe without scaring them away.

"No one wants, when you go shopping, to be strip-searched, to be interviewed in a room by a security guard," said Simon Bennett, director of the Civil Safety and Security Unit at the University of Leicester in England. "That might be acceptable in aviation, but it is not in commercial retail."

Security concerns come after al-Shabab militants, wielding grenades, took control of Westgate mall in Nairobi, Kenya.

In the U.S., the International Council of Shopping Centers, a trade group of shopping centres representing about one-third of retail space globally, said the U.S. government's Department of Homeland Security is reaching out to corporate security at all malls.

"No one wants, when you go shopping, to be strip-searched, to be interviewed in a room by a security guard."
Simon Bennett, director of the Civil Safety and Security Unit at the University of Leicester in England

The International Council of Shopping Centers says malls around the world are beefing up private-security personnel or bringing in more off-duty police officers after last weekend's attack on an upscale mall in Nairobi. GETTY IMAGES FILE

At the same time, the group said some of the malls in the U.S. and South Africa are beefing up private-security personnel, while others are bringing in more off-duty police officers. Mall of America, the biggest U.S. mall, added extra uniformed security officers and stepped up other measures, but officials at the Bloomington, Minn.-based mall declined to elaborate. "We will ... remain vigilant as we always do in similar situations," said spokesman Dan Jasper. THE ASSOCIATED PRESS

$11M claim. Ousted CEO of AlarmForce files suit

The recently ousted CEO of AlarmForce Industries has filed a wrongful-dismissal lawsuit against the home-security firm he founded 25 years ago.

Joel Matlin, who was at the company's helm since its inception in 1988 and often the voice and face of AlarmForce in ad campaigns, claims he was dismissed without cause or notice, which goes against the terms of his contract. He's also asking for punitive and aggravated damages because of the way the firing was handled.

"The bad-faith manner of termination above has caused Joel to suffer additional mental distress, damage to his reputation, and aggravated damages beyond his contractual damages for wrongful dismissal," the statement of claim says.

The $11.3-million claim includes $1.3 million for wrongful dismissal and $10 million in damages.

None of the allegations in Matlin's suit has been proven in court and may be challenged by the company. AlarmForce was not immediately available for comment. THE CANADIAN PRESS

Offline. 1 in 7 don't use the Internet, survey finds

The Internet has become so entwined in their lives that many Americans might have trouble coping without it. But a new survey found that some 15 per cent of Americans — about one in seven — don't use the Internet at all. Most of them prefer it that way.

The study released Wednesday by the Pew Research Center's Internet and American Life Project also found that another nine per cent of U.S. adults only use the Internet when they are not at home. Adults with lower levels of income and education, as well as blacks and Hispanics, are significantly more likely to rely on Internet access outside of their home, in libraries, at work or elsewhere.

Of the people who don't go online, only eight per cent want to. The rest said they are not interested. Nearly everyone who goes online has broadband access, the report found. THE ASSOCIATED PRESS

Technology

Waterloo hub asked to join Google network

A technology business in Waterloo has been selected to join Google Inc.'s Tech Hub Network. Communitech, a hub that provides support to local startups and tech companies, says it has been chosen to receive both financial and technology support from the search-engine giant. Communitech said it will have exclusive access to Google experts and products, and will participate in a number of Google events throughout the year.
THE CANADIAN PRESS

Market Minute

DOLLAR 96.96¢ (-0.11¢)

TSX 12,836.71 (-12.18)

OIL $102.66 US (-47¢)

GOLD $1,336 US (+$19.90)

Natural gas: $3.50 US (+1¢)
Dow Jones: 15,273.26 (-61.33)

WALK for ALS

Making Moments Matter

Register to walk for ALS on our website
http://www.walkforals.ca/ontario

Saturday Sept. 28th,
285 Wonderland Rd. S, Registration starts at 8:30am

ALS SLA CANADA

Like us on Facebook
Facebook.com/LondonWALKforALS

A CURE FOR YOUR GOOGLE-EYES

HE SAYS

John Mazerolle
metronews.ca

Are you infatuated? Obsessed over another? Stuck on that powerful drug that is both more and less than love? If you're not sure, check for these key signs:

• Your special someone jumps to mind during songs on the radio, including jingles for toilet cleaner. ("He makes me flushed, too!")

• Something as simple as a Coke bottle reminds you of her. (Or a Coke can; we're body-positive here.)

• They're the last thing you see when you fall asleep and the first thing you see when you wake up, because you're camped outside their window.

One item on this list might be OK, even healthy, but if you do all three then you're probably infatuated.

I'm a longtime expert. Even in Grade 3, I would tell my camp counsellor that I had a crush on her, then coyly explain that I only meant Orange Crush, while making moon eyes at her. (Keeping with the pop theme, I turned a shade of Cream Soda.)

But now, 200 years later, I've realized that infatuation is for kids. It's fun, but so is running around with my arms out making airplane noises. Just because I used to do it doesn't mean I still can, no matter how fun it was.

I had a date last week that went pretty well, but then I got an endorphin rush going, propping me up, up, up ... and had to stop myself on the way to Cloud 9 before I spiralled right out of control. It was a close call, but my survival means I can share these tips:

What's love got to do, got to do with it?: Dealing with infatuation

• Determine whether it's love, infatuation or lust. If it's love, you'll be in love. If it's infatuation, you'll Google advice on whether it's infatuation or love. If you can't tell if you have lust, I can't help you. See a doctor.

• Don't try to "accidentally" meet them. Though meet-cutes are a Hollywood staple, in real life, showing up unannounced at a construction site, airplane cockpit or reactor core is often more trouble than it's worth. If you must, send a Facebook wall message and ask if they're aware of any federal laws and statutes surrounding trespassing at their workplace. Finish with a winky face!

• Remember a good relationship is a partnership. E.g. If you know the names of the children you're going to have with your new acquaintance/future spouse, then write a list and allow them to choose from several of your ideas. Watch their eyes widen as they come to appreciate what they've found in you.

• Bonus tip for infatuees: Occasionally somebody will be infatuated with you! If that happens, the other person may be very vulnerable and easy to manipulate. That's when you pounce — for a better world. Bite your bottom lip and whisper, "What I'd love is a man/woman who will lobby city hall for a curbside recycling program," or "It'd be so hot to see you and all your friends donate blood."

And those are my tips, gentle readers. I hope you found them helpful. If you need anything else from me, remember I'll be right here — on Cloud 5.

ZOOM

The veiled, unveiled in photos

LYNSEY ADDARIO/NATIONAL GEOGRAPHIC

125 years marked with iconic images from mag's archives

National Geographic is celebrating its 125th anniversary with a special photography edition that features the most iconic images from the magazine's history. Pictured is a scene from Afghanistan in 2010: Pregnant Noor Nisa, 18, and her mother wait to be driven to hospital, where Noor would give birth to a baby girl.

The issue features National Geographic's most famous photo — the piercing green eyes of Sharbat Gula, a 13-year-old Afghan girl in Pakistan's Nasir Bagh refugee camp, pictured on the right — which appeared on the magazine's June 1985 cover.

The girl's identity was unknown for 17 years until she was tracked down in 2002. The image was originally placed in the reject pile before being rescued.

METRO

Sharbat Gula NATIONAL GEOGRAPHIC

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

I know how it is. You got home last week with your shiny new copy of GTA V, only to power through it at a tragically swift clip — unable to keep your enthusiasm in check. Well, luckily a lack of gaming self-control is one of the many things your smartphone can paper over for you.

CONTRIBUTED

Puzzle & Dragons:

The kids in Japan are losing their minds over this fantasy puzzler, and for good reason. The mechanics are much deeper than anything most match-three games have ever dreamed up and you get to collect monsters. Sold! Well, not sold, actually. It's free. (iOS, Android/Free)

Heroes of Loot:

An old-school roguelike dungeon crawler that sends you into the depths to wipe out an unending onslaught of monsters. Like most roguelikes, there's no real endgame to conquer except securing some real estate near the top of global leaderboards. (iOS, Android/$1.99)

Slender Rising:

The spooky Slender Man series is the star of countless Watch My Roommate Get Scared YouTube videos, but if you've never tried one of the games, this is the best place to start. Work your way through creepy forests and playgrounds, piecing together the story behind the titular character. Of course, you're being stalked by him the entire time and if he snares you, you're going to lose. (iOS/$2.99)

Twitter

@metropicks asked: One four-legged friend helped his owner curb a crack habit. How does your pet help you improve?

@Cazzy: Teaches me how to clean up for when I have kids.

@Idanielledoiron: My alarm didn't go off this morning. My cat woke me screaming just in time for me to get to work. Thanks puss!

@Canucklehead_ca: My cat. She teaches me humility and how utterly insignificant I truly am.

@adrienne_kenny: My puppy has taught me to smile and appreciate the little things in life.

@gixxerrider105: after a bad break up my dog forced me to stay motivated. I was really depressed and he kept me going.

Follow @metropicks

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

metro

President: Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor** Angela Mullins • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Retail Sales Manager** Joshua Green • **Distribution Manager** Rob Delvallet • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO LONDON** • 350 Talbot Street Main Floor London ON N6A 2R6 • **Telephone:** 519-434-3556 • **Fax:** 888-474-3094 • **Advertising:** 519-434-3556 Ext. 2223 • adinfolondon@metronews.ca • **Distribution:** london_distribution@metronews.ca • **News tips:** london@metronews.ca • **Letters to the Editor:** londonletters@metronews.ca

‘Don’t let the bastards get you down’: Folk singer

Buffy Sainte-Marie. First Nations artist still singing for justice and peace at 72

BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

Buffy Sainte-Marie with her band. COURTESY CHRISTIE GOODWIN

Canadian-American Cree artist, educator, activist and musician Buffy Sainte-Marie is 72 years old — and she’s still sticking it to the man.

Running for the Drum (2009) is Sainte-Marie’s 18th album and first CD in 13 years. Now on the last leg of her North American tour, the artist is stopping in London for a Tuesday performance at Aeolian Hall.

Since her recording debut 45 years ago, the singer-songwriter — born on a Cree reservation in Qu’Appelle Valley, Saskatchewan but raised in Maine and Massachusetts — has always written a wide array of material, ranging from political songs to pop tracks like the Oscar-winning Up Where We Belong. But she’s arguably best known for her songs with a social conscience.

Universal Soldier (written in the basement of The Purple Onion coffee house in Toronto in the early 1960s) became the anthem of the peace movement after Sainte-Marie witnessed wounded soldiers returning from Vietnam.

Her tendency to be outspoken on Native issues and the peace movement led to her blacklisting and disappearance from mainstream American airwaves during the Lyndon Johnson and Nixon years.

Decades later, Sainte-Marie is still putting down corporate greed and abuse of the environment with songs like No No Keshagesh, which means “greedy guts” in Cree.

“The greedy monopolistic people can’t deal with the human concept of thinking ahead and taking care of seven generations in the future,” she said. “We let them get away with running the show. We are too lazy. We shouldn’t even be pissed off.

“You don’t have to hate it — just do something — whatever you can every day.

“They said there would never be an end to slavery, that the Vietnam War would never end. Women got the vote.

“Now with the Internet we are networked and connected and we can make great change. ... Don’t let the bastards get you down.”

Sainte-Marie has always been quick to embrace new technology. A leader in digital art, her large-scale pieces were among the first to appear at North American galleries in 1984.

Travelling and ballet classes keep the 72-year-old feeling young and looking good.

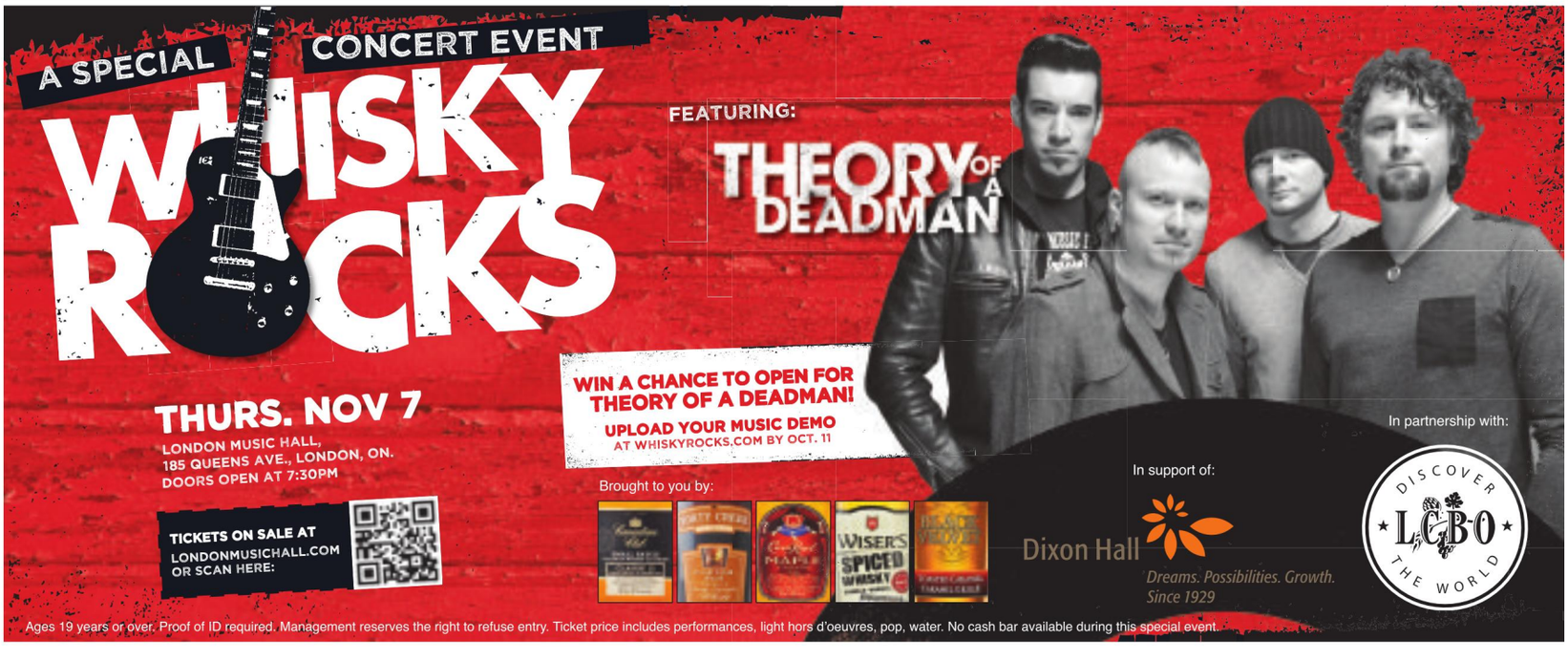
“I find the discipline and beauty of ballet so inspiring. I’m in better shape than I was in my 20s,” she said. “I just think life gets better — it’s about ripening. We build community one individual at a time.”

Tickets for her Tuesday performance are $55 at the door. Showtime is 8 p.m.

Around town

- **Book it.** There’s a Zine, Catalogue and Book Fair at 1 p.m. Sunday at Museum London. Admission is free.
- **Art rush.** The Arts Project will host a live art and theatre event titled 24 Hour Rush starting at 7 p.m. Friday.

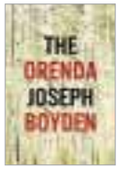
SCENE


A SPECIAL
CONCERT EVENT
WHISKY ROCKS
FEATURING:
THEORY OF A DEADMAN
THURS. NOV 7
LONDON MUSIC HALL,
185 QUEENS AVE., LONDON, ON.
DOORS OPEN AT 7:30PM
TICKETS ON SALE AT
LONDONMUSICHALL.COM
OR SCAN HERE:
WIN A CHANCE TO OPEN FOR THEORY OF A DEADMAN!
UPLOAD YOUR MUSIC DEMO
AT WHISKYROCKS.COM BY OCT. 11
Brought to you by:
WISER'S SPICED WHISKY
In partnership with:
In support of:
Dixon Hall
Dreams. Possibilities. Growth. Since 1929
DISCOVER LCBO THE WORLD
Ages 19 years or over. Proof of ID required. Management reserves the right to refuse entry. Ticket price includes performances, light hors d’oeuvres, pop, water. No cash bar available during this special event.

Indigo bestsellers

NOW 40% OFF*

Our Top 20 are NOW 40% off. In-store. Every day.



1. THE ORENDA Joseph Boyden

Giller Prize winner Joseph Boyden returns with a visceral portrait of life at a crossroads in his masterpiece of Canadian historical fiction, *The Orenda*.

Last Week: 4 / Weeks on List: 3

2. THE LONGEST RIDE Nicholas Sparks

Ira and Ruth. Sophia and Luke. Two couples who have little in common, and who are separated by years and experience. Yet, their lives converge with unexpected poignancy in Nicholas Sparks's new novel, *The Longest Ride*.

Last Week: 16 / Weeks on List: 2

This Week		Last Week	Weeks on List
3.	MADDADDAM Margaret Atwood	3	5
4.	THE SILENT WIFE A.S.A. Harrison	1	5
5.	A HOUSE IN THE SKY Amanda Lindhout and Sara Corbett	2	4
6.	NEVER GO BACK Lee Child	5	4
7.	STEVE JOBS Walter Isaacson	11	3
8.	THANKLESS IN DEATH J.D. Robb	20	2
9.	W IS FOR WASTED Sue Grafton	5	2
10.	INFERNO Dan Brown	20	5
11.	THE CASUAL VACANCY J.K. Rowling	10	3
12.	WINTER OF THE WORLD Ken Follett	8	5
13.	GRAIN BRAIN David Perlmutter	15	2
14.	STILL FOOLIN' EM Billy Crystal	14	3
15.	TIME NOW FOR THE VINYL CAFE STORY EXCHANGE Stuart McLean	18	2
16.	THE END OF GROWTH Jeff Rubin	13	4
17.	THE WITNESS WORE RED Rebecca Musser	17	3
18.	LOOPTAIL Bruce Poon Tip	19	2
★ 19.	KILLING JESUS Bill O'Reilly	-	1
★ 20.	DR. SLEEP Stephen King	-	1

Combined Fiction and Non-Fiction Bestsellers for the week, ending September 30th

★New this week

Indigo | Chapters | Coles | indigo.ca

Connect with us /chaptersindigo

*IN-STORE 40% discount applies to in-stock books featured on Indigo's Top 20 English Bestseller list at time of purchase at Indigo, Chapters or Coles locations. Bestseller list is determined by Indigo and gets updated regularly. Not valid in conjunction with any other offer or promotion excluding everyday irewards discount and cannot be used to adjust amount paid on previous purchases. Online 50% discount applies to irewards and plum rewards members - 45% off for non-members - on Top 50 Online Bestsellers as selected by Indigo.ca. Offers may change or end at any time without notice. Indigo, Chapters, Coles and indigo.ca are trademarks of Indigo Books & Music Inc.

Online Bestsellers. Top 50 are 50% off at **indigo.ca**

Tracy Pollan, left, Michael J. Fox, and Wendell Pierce star in The Michael J. Fox Show. ERIC LIEBOWITZ/THE ASSOCIATED PRESS

New show painfully close to Fox's real world experiences

New show. Michael J. Fox makes his first full-time return to television since he left

What happens when you put Michael J. Fox and five Canadian reporters at a table?

Hockey talk.

The Edmonton-born, Burnaby, B.C.-raised actor has lived almost two-thirds of his life in the United States, but while you can take the boy out of Canada, you can't take the Canadian out of the boy.

Though Fox's interview time is carefully limited, there's a full five minutes of chatter about the Leafs, Canucks and his beloved Bruins before everyone gets down to the reason Fox is at the summer network press tour — to promote The Michael J. Fox Show. The sitcom premieres Thursday on NBC and Global.

The series has been tailor-made for the actor. Fox stars as Mike Henry, a popular New York news anchor who gave up his job after being diagnosed with Parkinson's disease. Five years later, with his family's support, he decides to go back in front of the cameras. Betsy Brandt (Breaking Bad) plays wife Annie Henry, Wendell Pierce (Treme) his boss Harris Green. Recurring characters include Anne Heche as a rival news anchor and TV veterans Candice Bergen and Charles Grodin as Mike's parents.

Fox teamed with executive producers Sam Laybourne (Cougar Town) and Will Gluck (Friends with Benefits) on the project.

"I really wanted to do a show about a guy with Parkinson's," Gluck jokes, "and a couple of people passed."

Gluck and the others see it as a family comedy first, but one absolutely based on Fox's own experiences dealing with Parkinson's. Henry is shown in the pilot scattering instead of serving scrambled eggs and misdialling 911, all played for laughs.

"Mike paid for those experiences," says Gluck, "so they're the intellectual property of Michael J. Fox."

Fox himself stepped away from his last regular series, Spin City, in 2000 after going public with his struggles with Parkinson's, first detected a decade earlier.

At the time of the revelation it seemed like a cruel twist of fate for the actor, who was beloved for his Back to the Future films as well as for his run in the '80s as young conservative Alex P. Keaton in Family Ties.

Fox came to terms with his situation and became a leading spokesperson for efforts to combat the disease. His Michael J. Fox Foundation has so far funded more than $350 million in research toward finding a cure.

Spearheading that drive and helping his wife of 25 years, actor Tracey Pollan, raise their four children became Fox's main focus for a decade. When medical advances helped to stabilize Fox's tremor symptoms, the itch to get back on TV began.

"I just thought, 'Why can't I?'" he says. "I mean, there's no reason not to do it."

THE ASSOCIATED PRESS

Wanted him back

He was ready to go back, but only on his terms. For one, he wasn't going to leave New York, where all his guest appearances were shot. His series went into production months earlier than most, allowing the producers to build in weeks in between shooting to make things easier for their star.

- **Doing things his way.**

Fox briefly considered headlining a drama series like The Good Wife, but the long hours were a deal breaker. Besides, when he really thought about it, all he wanted to do was comedy. There was no question the networks wanted him back. NBC offered him a full 22-episode commitment, rare these days.

Zac Efron. ALL PHOTOS GETTY IMAGES

Rehab was inevitable after troubled Efron started 2013 'like a junkie'

A new report in the National Enquirer details how Zac Efron kicked off 2013 — with troubling behaviour that likely led to his rehab stint in the spring. An anonymous source recounts watching the 25-year-old star pass out after a night of abusing prescription painkiller Oxycodone as well as alcohol, marijuana and Adderall at New York's Thompson Hotel on Jan. 3. "I was scared for him," the source says. "He was like a junkie. He wanted the drugs so bad. He went through a lot of pills even though it was clear he was entering a danger zone. My worst fear was that he had died from an overdose."

Lindsay Lohan

Schedules to blame for Lohan's latest break up

Looks like it's a no-go for Lindsay Lohan and former football player Matt Nordgren, who have reportedly split up after briefly dating, according to Us Weekly. "Their work schedules and the distance just make dating impossible," a source says. "He really likes her. He thinks she's back on top, emotionally and physically."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Could it be?! Drake and Chris Brown patch things up

MELINDA TAUB
Metro World News in NYC

Make new friends, but keep the old. One is silver and the other beat up a lady one time. Chris Brown and Drake have squashed their beef and they may even become pals, according to Page Six. The pair apparently met up at the iHeartRadio Music Festival in Las Vegas this weekend, which Drake and his crew attended specifically to catch Brown's performance. "Drake came on Friday with his whole crew, and watched Chris' entire set," a source said. The happy reunion continued after the show: "They were backstage hugging and drinking," another source reports. Apparently, the meeting went so well that the pair are talking about collaboration on tracks, even though no one should ever want to be friends with Chris Brown or work with him or talk to him, so he eventually has to become a garbage man and live in the dump. Hopefully Drake is just pretending to be Chris's friend so it'll sting even more when he has to become a garbage man. Brown recently took time off from drinking fruity cocktails and hitting the beach in Hawaii to tag a wall with epithets like "F— police" alongside what is apparently a shout-out to the Bloods. Brown, he of sound life choices, signed his illegal street art with the words "Fruits Piru," which people who know more about the intricacies of urban gang life than we do speculate is a reference to the Fruit Town Piru gang, a subset of the scary-as-hell L.A. gang.

Amanda Bynes

Bynes' lawyer wants her hitting-cop-car case held in mental health court

Amanda Bynes was set to resurface this week for a court appearance stemming from her 2012 arrest for hitting a police car with her rented BMW, but Bynes' lawyer wouldn't let her near the courthouse. Attorney Richard Hutton claims that Bynes doesn't currently have the mental capacity to fully comprehend the legal proceedings, asking the judge to refer the case to the mental health court, according to E! News. "The mental health court will examine Bynes and determine her competency to stand trial," he says. Bynes is currently under observation at the UCLA Medical Center, and a hearing is set for next week to determine if her parents' temporary conservatorship should be made permanent.

Twitter

@JimCarrey
It's gonna be an amazing day! You know why? CUZ I DOUBLE FRICKIN' STAMPED IT!

@justinbieber
Any account on twitter isn't actually my Grandparents! They don't have twitter and say they never will

@rihanna
420

SUPER Spend YOUR POINTS EVENT!
SATURDAY, SEPTEMBER 28 & SUNDAY, SEPTEMBER 29
SPEND 25,000 POINTS AND GET UP TO $50 OFF* THAT'S AN EXTRA $16
SPEND 50,000 POINTS AND GET UP TO $110 OFF* THAT'S AN EXTRA $25
SPEND 95,000 POINTS AND GET UP TO $220 OFF* THAT'S AN EXTRA $50
FREE feels good Optimum
Visit shoppersdrugmart.ca or the store nearest you for details.
*Some conditions may apply. See store for details. Offer valid September 28 & September 29, 2013 only.
SHOPPERS DRUG MART

metro

WESTERN HOMECOMING

Thursday, September 26, 2013

Proud to be purple

Thousands of purple and proud Western alumni will make their way back to campus this weekend to celebrate the present and reminisce about the past. CONTRIBUTED

JASON MENARD
For Metro

Founded in 1878, Western University has been home to generations of friendships, memories, and experiences — and from Thursday to Sunday, thousands of purple and proud Western alumni will make their way back to campus to celebrate the present and reminisce about the past.

"Homecoming is an opportunity to reconnect with classmates, see how Western is doing, and to be purple and proud," said Alcina Stoetzer, the director of institutional engagement with Western University. "It also gives you a chance to see how your alma mater is honouring your degree."

The event starts Thursday with a kickoff event and keynote by CBC's Scott Russell — a free event that's open to everyone in the community. That's followed by a Retro Dance party. Over the weekend, there are an assortment of events ranging from a 75th anniversary dinner for the marching band to a colour run to benefit the track and field, and cross-country teams, in addition to MADD.

"It's a colour run, but it'll be strictly purple and white," Stoetzer said.

On Sunday, the CBC's Anna Maria Tremonti will host a Current Cultures of Leadership symposium. A full schedule of events is available at alumni.western.ca.

Homecoming offers huge benefits to the city of London. From accommodations to dining, an influx of 15,000 alumni has tremendous spin-off impact on the local community. Of course, the benefits goes both ways.

"We couldn't entertain 15,000 people by ourselves without the support of local hotels and restaurants," Stoetzer said. "Western is very important within the London community and people will come here, then go downtown and the ripple effect is good for business."

Some people come back every year, others take a little longer. And for some, distance is not an object.

Homecoming weekend is a chance to meet with old friend again. CONTRIBUTED

"It depends on how close they are," she said. "We have people who come back every year and others who only come on anniversary years. We have someone coming from Australia who graduated in 1963 and is celebrating his 50-year golden anniversary.

"It's awe-inspiring to see people in their 20s all the way to their 80s dressed in purple from head to toe — people just bleed purple."

Sherwood Travel
travel plus
Show your student card and receive $25.00 off your Spring Break booking per person.
Grab some friends and book a group of 10 or more and receive additional savings! Ask us for details!
Visit our Facebook Page and "LIKE" us for news, contests and savings!
Offer valid for travel booked by November 30, 2013 for travel completed by March 31, 2014.
www.travelplus.ca/1048 | 1225 Wonderland Rd N. | 519-471-9348
tico.ca
®™ Trademarks of AIR MILES International Trading B.V. Used under license by Loyalty-One, Inc. and Transat Distribution Canada Inc.
#4084513

SOLID GOLD
Adult Entertainment | 219 Dundas @ Clarence
www.solidgoldlondon.com

Sports enhances homecoming events

JASON MENARD
For Metro

The Western Mustangs football team will host the Queen's Golden Gaels Saturday as part of homecoming festivities. CONTRIBUTED

Fans of the Western Mustangs sports teams will have plenty of opportunities to show they are purple and proud during homecoming weekend — not the least of which is a showcase performance Saturday hosting the Queen's Golden Gaels.

"The football game is huge for the homecoming experience but it's not just about football — there are a number of other sports (this) weekend," said Tony von Richter, Western University's manager of communications and media relations. "But it's a centrepiece, a rallying point for the entire weekend.

"It's that one game that attracts a huge crowd. Like last year, it's on national TV, and it's against Queen's."

Playing against a traditional rival raises the intensity, but the homecoming game is a marquee event no matter which team the Mustangs face, von Richter said.

"It helps. Homecoming's going to be huge no matter what, but I think that having one of our traditional rivals — one of the "Old Four" — as our opponent just gives it a little something extra," he said.

There are many other sporting events throughout the weekend, but during this celebration of years past, the university is unveiling a new future for its rugby and soccer teams. On Thursday, the school will be unveiling its Alumni Field for rugby and the Huron Flats for soccer. It will also unveil the Edel Grass field turf.

"It's a European product and we're one of the few venues in Canada to have it," von Richter said. "And the rugby field is IRB certified, which means it can host international events."

Having a prominent homecoming experience is attractive to both students and athletes alike, von Richter said. And the countrywide exposure can only help attract students to the university.

"It's a great way to expose who we are and what we do on the national stage," von Richter said. "But it's important to remember that, first and foremost, we're a school, that's why it's student-athlete and not athlete-student.

"If we can have a couple of people see the atmosphere and the experience and decide to come to Western, then it's worth it."

The Western experience

"It's a great way to expose who we are and what we do on the national stage ... If we can have a couple of people see the atmosphere and the experience and decide to come to Western, then it's worth it."

Tony von Richter, Western University's manager of communications and media relations

It's Homecoming Weekend!

Canada's best homecoming starts today. From class reunions to sporting action to family-fun events, it's a weekend filled with events for everyone.

Western invites you to join in the celebration as we welcome our alumni back to campus to relive their Western Experience.

Thursday, September 26
7:00 pm – Kickoff and Keynote Address with CBC's Scott Russell
8:00 pm – Retro Dance Party

Friday, September 27
5:30 pm – Annual Alumni Awards Dinner
9:00 pm – Comedy and Cocktails with Deepak Sethi

Saturday, September 28
10:00 am – Welcome Centre
1:00 pm – Football Game: Western vs Queen's

Sunday, September 29
9:00 am – Homecoming 5K Colour Run/Walk
10:00 am – Cultures of Leadership with CBC's Anna Maria Tremonti

For information on all of the Faculty, athletic and cultural events, visit **westernhomecoming.uwo.ca**
Join the conversation on Twitter **#westernhoco**

Western Alumni

You can always rely on Milan for two things: exuding luxury, and being fashion month's halfway mark. The latter means we can move from tentative to confident in our breakdown of the trends for SS14. Despite the markedly different scenes across New York, London and Italy, discernible similarities have already emerged, so take note.

KIT GILBERT
Metro World News

5 things Milan told us about la mode

Skin is in

If there's one thing Milan has over every other fashion capital, it's sex. It returned this season in the form of super sheer garments, peek-a-boo cut outs, belly-grazing necklines and hemlines your mother wouldn't approve of.

Gucci

'90s minimalism reigns

Will the '90s ever get old? It appears not, as the era's minimalist esthetic is going nowhere. With everyone apparently singing from the same Calvin Klein sheet, it's slip dresses and spaghetti straps galore — with a strict colour palette of neutral shades.

Max Mara

The shirt dress is a bona-fide thing

Whoever first decided to wear her boyfriend's shirt as a dress must have been an audacious woman. Thankfully, we're no longer going to have to tug at those tails to stay decent, as the shirtdress is now a thing. It's popped up all over the fashion circuit and it's made its way to Milan via No. 21 and Tod's where floral, spangled embellishments and eyelets send this idea into more wearable territory.

The graphic print party is still happening

No one quite owns the idea of print mixing like Prada and Marni, both of which showed stellar graphics that were as much about texture and colour as they were about print. The new designer, Stella Jean and Emilio Pucci, meanwhile, took the more traditional ethnic route, referencing African prints.

We've got tiers in our eyes

Things that have tiers include wedding cakes and football stadiums. Now you can add clothes to the list, as Simone Rocha, Meadham Kirchhoff and Hérve Léger all added layer upon layer to their creations. And we're not talking ruffles either — these are hard-edged, angular strips of fabric. Our Milan favourite in this department is Fendi, which showed ombré cascades.

Are you post menopausal and looking to lose weight?

Join a clinical research trial to evaluate the effectiveness of an investigational natural health product which may help with weight management.

Call now to see if you qualify.

Compensation up to $200.00

Contact KGK Synergize Clinic:
519-858-8359
clinic@kgksynergize.com
www.kgksynergize.com

KGK synergize

GARDNER AUCTIONS INC.
GAi
"ACTION BY AUCTION SINCE 1922"

AUCTION OF 75 VEHICLES, BOATS & 5TH WHEEL

****

SATURDAY, SEPT 28TH AT 12:00 NOON
309 EXETER ROAD, LONDON

PICTURES, TERMS & VIEWING AT www.gardnerauctions.com

'08 Chev. Aveo	'08 Saturn Vue XR	'07 Jeep Patriot
'07 Chev. Uplander	'07 Chrys. Sebring	'07 Ford Explorer 4x4
'07 Pontiac Montana	'06 Ford Fusion SEL	'06 Ford Freestar
'05 Mini Cooper	'05 Mit. Eclipse Spyder	'05 Ford Freestar
'05 Kia Sorento 4x4	'04 Jeep Liberty 4x4	'04 GMC Denali
'02 Mazda Protégé	'02 Ford Explorer	'01 Chrys. PT Cruiser
Doral Deep-V 19' boat	Thundercraft 19' boat	Nu Wa Snowvilla 5th Wheel

PH. (519) 685-2929 LONDON FAX (519) 685-9817

KINGSBERRY TOWERS

185-195 Berkshire Dr.

1&2 bedroom apartments
Starting at $726 all inclusive

Beautiful, quiet location, great customer service!

Contact us for more information
phone: **519-471-1221**
email: **kingsberrytowers@hotmail.com**

HOT OFFER

A living room couched in style

A four-part series to help you get one of the most important spaces in the home looking great.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

In this four-week series, I'll serve up decor tips to get your living room looking fabulous in time for the holidays. Today I tackle the largest furniture piece in the room: the sofa.

Size

For those living in smaller homes, the challenge is to find the right sofa that fits seamlessly without taking over the space. Luckily, there's an easy way to measure the size of sofa your room can comfortably hold: Measure the width of your room — your sofa should be 2/3 of that measurement. For instance, if your room is 10 feet wide, the sofa length should be about six feet by six inches. This allows the sofa to fit nicely on the smaller wall or helps to divide a long room and still allow space on each end for side tables. By fitting the sofa to the shorter wall, you are guaranteed it fits on the longer wall as well.

Style

The style of sofa reflects many things; whether you like a modern or traditional decor, the comfort level you require and the colour of covering desired. A sofa with a rounded arm, skirted bottom and light-to-medium neutral fabric will look best in a traditional setting while a square-armed, exposed wood (or metal) leg and a very light or very dark covering will imply a modern feel. If you fall asleep watching TV on your sofa every night, then choose one with lower and deeper seating for ultimate comfort. If you use your sofa strictly for entertaining, then a higher seat and less depth is recommended in order to sit upright. As for coverings, there are many to choose from. A plain, neutral covering will add longevity to the look of your sofa. The covering choice (everything from linen to leather) is all about the durability you might require. A warm neutral colour works best in traditional settings and cooler tones in modern.

Cost

Consider the budget for decorating your living room; a sofa should eat up about 20 per cent of the budget. If you have not budgeted for your room's decor, then another way is to consider how long you will want your sofa; each year should cost about $250. For instance, if you plan on keeping a sofa for only three to five years then an $800 to 1,200 cost would be suitable. If you want it to last for 10 to 15 years then pay around $2,500 to $4,000. The fabric is the first thing that will get worn out, followed by the internal support/springs. These are the two things you should investigate and ask about; especially when purchasing a sofa you want to keep long term.

Next week: Part two: Choosing tables and lighting.

A traditional sofa with rounded arms, skirted bottom and upright seating. Chandler Sofa, from $3,100, ethanallen.ca. CONTRIBUTED

Low, deep seating with square edges and exposed metal legs make this sofa perfect for a casual, modern living room. Mondrian Sofa, $1,100, Urban Barn, urbanbarn.com. CONTRIBUTED

Capulet Towers
50 Capulet Lane
Move in Bonus!
Indoor saltwater pool and whirlpool
Secured video controlled entrance
Fitness room
DREWLO
To book an appointment call 519-488-8120
or visit www.drewloholdings.com

TAKE THE HASSLE OUT OF MOVING.
INTRODUCING ROGERS CONCIERGE™
• Get a dedicated agent to help you move your TV, Internet and Home Phone to your new home
• FREE to new and existing customers
CALL 1 855 276-1868
CLICK rogers.com/moving
LIVE LIKE NEVER BEFORE™
ROGERS™
© 2013 Rogers Communications.

Welcome new uses for wood

Personality. Some simple and affordable ways to infuse wood into your home decor

We are finding new ways of welcoming wood into our homes, including techniques for using and reusing wood. NEWS CANADA

The Canadian love affair with wood goes on and on. These days, we are finding new ways of welcoming wood into our homes, including techniques for using and reusing wood in ways our parents and grandparents would have found over-the-top.

Engineered wood takes the place of massive beams. Reclaimed woods display their histories in furniture and cabinetry. Timber that once would have gone to the burner is lovingly finished to display its natural eccentricities. And now here is a simple and affordable way to put the personality of wood into the windows of your home.

"When our designers explored the world of wood to find what finishes are most popular, they came back with over 1,700 different finishes," says Mary Dobson, spokesperson for Levolor Window Fashions in Canada. "Our new Custom Woods Collection brings many of them into Canadian homes. You'll find more colours, more distressed surfaces, more reclaimed looks. So many that whatever wood finishes you may have in your home, there'll be no problem at all co-ordinating your windows with your rooms."

The world of wood

"When our designers explored the world of wood to find what finishes are most popular, they came back with over 1,700 different finishes."

Mary Dobson, spokesperson for Levolor Window Fashions

Sophisticated finishes and advanced engineering make this new collection adaptable to a wide range of living environments. Not just urban homes but city condos and lofts, and even country cottages. You can cover big windows with a single blind. You can specify cordless operation in every style. And you can install co-ordinating blinds in kitchens, bathrooms and even laundry rooms, because alongside real wood in the collection are two faux woods. Nuwood shares colours with real wood and outperforms it in hot, moist and sunlit locations, while Visions Faux Wood offers the best value in the collection — all the options, in every room.

NEWS CANADA

Are you overpaying for your gas & hydro because of an aging heating & cooling system in your home?

- Did you know that as much as 60% of your home's energy use goes towards heating & cooling your home?
- This is according to the Ontario Power authority
- Many people avoid replcing their system out of concern for the cost of replacing it.
- With Reliance's rental program your investment is minimal for a both a furnace and air conditioner

See the example below.

	MONTHLY INVESTMENT	MONTHLY SAVINGS
AVERAGE MONTHLY RENTAL OF NEW FURNACE & A/C	$139.99	
POTENTIAL MONTHLY SAVINGS ON NATURAL GAS		$25.00
POTENTIAL MONTHLY SAVINGS ON ELECTRICITY		$25.00
POTENTIAL REBATES ($650/12 MONTHS)		$54.17
	$139.99	$104.17

Call me today to see if you qualify for the reliance rental program.

Reliance home comfort™

Andrew Joiner
Residential Sales Manager
1045 Hargrieve road, Unit A
London, ON

Tel: 519 686-0940
Cell: 226-236-8343
ajoiner@reliancecomfort.com

Electronic fireplaces. No mess, no fuss option

The simple idea of a cold fall night leads to thoughts of cosying up in front of a toasty-warm crackling fire. But wait — you don't have a fireplace. And the price to install one is enough to terminate the dream.

Fortunately, for a fraction of the cost of both traditional and gas units, home dwellers can count on electric fireplaces as an option. With no mess, maintenance or fuss, choosing the right fireplace is just a few steps away.

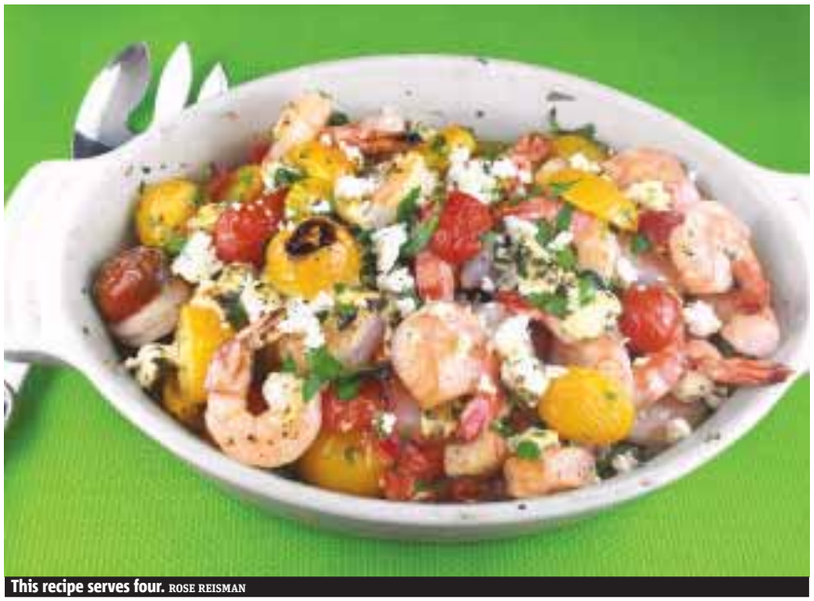
- Determine where you would like to position the fireplace, keeping in mind, it's typically the focal point of a room.
- Carefully consider your space and find something to suit the decor. Think of the style, scale, colour and the type of unit that will be ideal in the space. Is your décor modern or traditional? Do you have space on the floor for a mantel or does it need to hang on the wall? There are a multitude of options for inserts, mantels, wall mounts and console units.

For a fraction of the cost of both traditional and gas units, home dwellers can count on electric fireplaces as an option. NEWS CANADA

- Look for innovative fireplaces that encompass everything on your checklist and offer a superior flame and warmth.
- Electric units are simply plug and play, but make sure you have an outlet within reach, and shop for units that use lower wattage. Some units draw less power than a hairdryer.
- Go shopping.
- Open the box, plug it in, and enjoy the warmth.

NEWS CANADA

Shrimp, Cherry Tomato and Goat Cheese Bake: Layers of flavours



This recipe serves four. ROSE REISMAN

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

If you're looking for a quick and delicious one pot meal this hits home.

The shrimp compliments the delicate sweet tomatoes and creamy goat cheese. Serve the dish with a side of green salad.

You can prepare the entire dish earlier in the day and bake at 400 F for five to eight minutes. It's also great at room temperature.

Ingredients

- 1 1/2 lb peeled and deveined shrimp
- 3 cups of cherry tomatoes sliced in half
- 1/4 cup chopped cilantro or parsley
- 1 1/2 tsp crushed fresh garlic
- 1 tsp dried basil
- 1 tsp minced jalapeño peppers
- pinch salt and freshly ground black pepper
- 1/2 cup crumbled goat cheese
- 1 tbsp olive oil
- 2 tsp freshly squeezed lemon juice
- 2 tbsp chopped cilantro or basil

1. Preheat the oven to broil and spray an 8-inch baking dish with cooking oil. Preheat a non-stick grill pan or barbecue to medium-high.

2. Grill shrimp for approximately 4 minutes, turning halfway through the cooking time. Do not overcook. Place in the prepared baking dish.

3. Combine the tomatoes, cilantro, garlic, dried basil, jalapeño pepper, salt and pepper. Mix well and pour over the shrimp. Sprinkle with the goat cheese. Broil for 2 minutes or just until browned. Remove from the oven.

4. Combine the oil and lemon juice and drizzle over the top. Garnish with the cilantro and serve.

For your phone

People CelebFood (iPhone - Free/ Android - $0.99 subscription)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

From Sheryl Crow's Chicken Tacos and Matt Damon's Beef Satay Skewers to Kate Middleton's Sticky Toffee Pudding and Richard Gere's Cinnamon Rolls, People's step-by-step cookbook offers favourite recipes shared by celebrities.

FRESHCO.
frenzy
$1 $2 $3...SALE

Red or Green Seedless Grapes
Product of USA
No.1 Grade
2.20/kg
$1/lb

Fresh Whole Chicken
4.41/kg
King Cole Whole Duck
Frozen, 4.41/kg
$2/lb
SAVE 99¢/lb

Nestea, Fruitopia, Five Alive or Minute Maid Drinks 12 x 341 mL
Powerade Sports Drinks 6 x 591 mL
$3 ea.
SAVE UP TO $3.49

D'Angelo Corn Oil
3 L
$4
SAVE OVER $3

Prices in effect Thursday, September 26th to Wednesday, October 2nd, 2013
See the whole flyer, and find a store at FreshCo.com

OPEN THE DOORS TO A WORLD OF CULTURE

FREE, HANDS-ON EVENTS SEPT. 28-29

MARK SPOWART PHOTOS

Londoners will have a chance to experience a world of culture Sept. 28-29 thanks to the Doors Open/Culture Days weekend.

"Certainly the community has embraced it," says Dhira Ghosh, events co-ordinator for the London Arts Council and London Heritage Council. "You can participate in free, hands-on events — it's the chance to do something special with the family that weekend.

"A lot of the organizations may be open other days, but on this weekend they tend to do special events. And it's a time when certain organizations that are normally not open to the public open their doors."

Doors Open administered by London Heritage Council 12 years ago, and Culture Days was started by the London Arts Council four years ago. Last year, the two councils, which work closely together, decided to combine the two events. London represents the fourth-largest Culture Days city in the country and has the highest uptake per capita provincially for Doors Open.

This year, the organization has reduced the number of venues and set more stringent thresholds to ensure interactivity and programs at each venue. Ghosh says this year's event was designed with community hubs in mind.

"This year we wanted to create clusters," she says. "Last year there were so many sites that people said it was too much. This year we wanted to give them an opportunity to pick the area that they want to explore, park, and walk from venue to venue.

"We've chosen sites that represent a wide variety of interests and a broad demographic — we didn't want to only cater to one area. There are five zones — south, southwest, north, northwest, and the downtown core. Every zone has at least 10 to 12 activities."

And while all the events are free, the organizations that participate tend to reap the benefits of their investment throughout the year.

"For most of the arts and heritage organizations, there is a large community out there and they are not able to connect with them," Ghosh says. "This gives them a chance to let the community get a foot in the door and, often, those people will return throughout the year."

For more, visit londonculture.ca.

EVENT GUIDE

An event guide will be available on londonculture.ca. There will also be printed copies available in the following locations:

- London Arts Council and London Heritage Council office;
- all library branches;
- community centres;
- both Tourism London offices; and
- Downtown London offices.

DO DOORS OPEN LONDON | London culture days

FREE ADMISSION

Experience a weekend of culture.

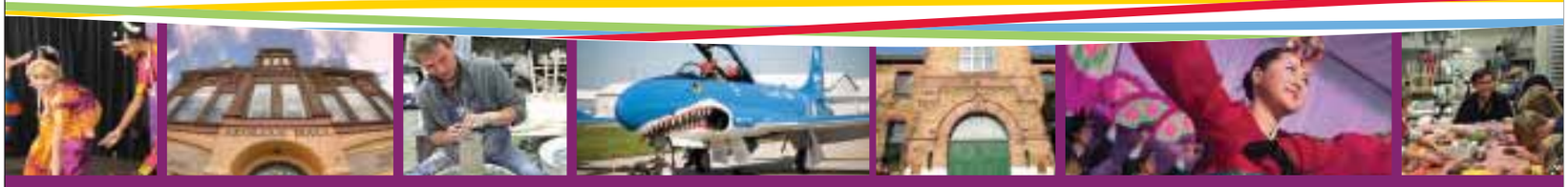
September 28th & 29th

PRESENTING SPONSOR London Life STRONGER COMMUNITIES TOGETHER™

FAMILY BUS PASS ONLY $5 for the day

Pick up your map and event guide today at:

London Arts Council and London Heritage Council Office
All London Public Library Branches
All London Community Centres
Tourism London



Experience, explore and participate in over 100 arts and heritage events. LondonCulture.ca

Tennis

Bouchard's game translates well to Tokyo

Montreal's Eugenie Bouchard will try to continue her string of big wins at the Pan Pacific Open when she faces American star Venus Williams in the quarter-finals.

Bouchard upset sixth-seeded Jelena Jankovic of Serbia 7-5, 6-2 on Wednesday, a day after ousting No. 8 Sloane Stephens of the U.S. THE ASSOCIATED PRESS

Basketball

Canada tops Cuba to stay undefeated

Forward Tamara Tatham had a game-high 17 points and nine rebounds, and Canada's women's basketball team defeated Cuba 53-40 on Wednesday to finish the group stage undefeated at the FIBA Americas Championship for Women.

Guard Kia Nurse added 13 points, four rebounds and three assists as Canada finished with a record of 4-0, good for first in Group A. Canada will play the second-place team from Group B in Friday's semifinals.

THE CANADIAN PRESS

NCAA basketball

"It just caught my heart. This is where I felt like I belonged.... I felt more at home here than anywhere else."

Canadian basketball star Andrew Wiggins as his Kansas Jayhawks met with media on Wednesday.

Big Knight names still hoping for NHL gains

OHL. Training camp watch continues with likes of Horvat, Domi still trying to crack the big leagues

DAVE LANGFORD
dave.langford@metronews.ca

The London Knights countdown continues.

Originally, the powerful Knights had 17 players at NHL camps and that number has been coming down, day by day, week by week.

But the OHL team seems to be at a standstill as four players — all first-round picks — remain with NHL teams embarking on their final week before the regular season gets underway.

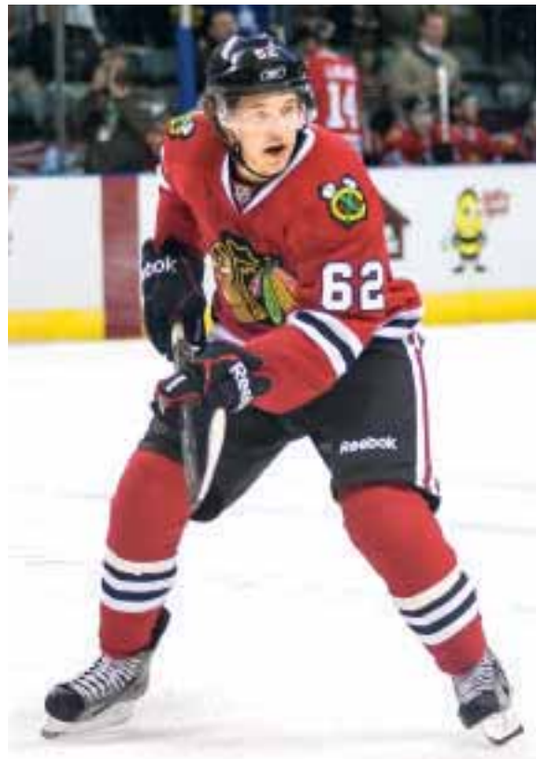
It continues to be a waiting game as defencemen Olli Maatta (Pittsburgh) and Nikita Zadorov (Buffalo) and forwards Bo Horvat (Vancouver) and Max Domi (Phoenix) remain in waiting with the big clubs. Zidorov signed a three-year contract with the Sabres on Wednesday.

"For the NHL teams, that's an investment for them," Knights head coach Dale Hunter said Wednesday. "They drafted these kids, they signed them.... They do what's best for the kids.

"If they stay, so be it, we've got to move on. If they come back, we will welcome them back with open arms."

Hunter said the pro camps really help the players' progress.

"They realize how hard (NHL) players work up there, and they're always working on their games," he said. "They see the work ethic of the NHL players and I think it rubs off on them."



Alex Broadhurst with the Chicago Blackhawks during the NHL rookie tournament earlier this month at Budweiser Gardens. The London Knight was sent to the Blackhawks' AHL affiliate earlier this week. MARK SPOWART FOR METRO

The Knights did get one first-round NHL pick back this week — centre Michael McCarron, a Montreal Canadiens choice. But, they lost out on two others when forward Alex Broadhurst (Chicago) and defenceman Scott Harrington (Pittsburgh) were sent to AHL affiliates.

McCarron, skating with the Knights on Wednesday, said his time with the Habs was a learning experience at every turn.

"So much more stuff you have to know to play in the NHL," McCarron said.

"Every shift I was coming off (the coach) was telling me something new that I forgot. You just have to know so much more about the game."

McCarron said he was given some marching orders when he was sent back.

"They want me to work on my quickness. And they wanted me to get stronger," he said. "Got to spend more time in the weight room and put on more muscle."

Eyes of a Hunter

"They must like him because he's still there."

London Knights coach Dale Hunter on defenceman Olli Maatta, who is still at Pittsburgh Penguins training camp.

"Watched him play the other day and he looked pretty good. Scored a nice goal. Short side roof. He looked good."

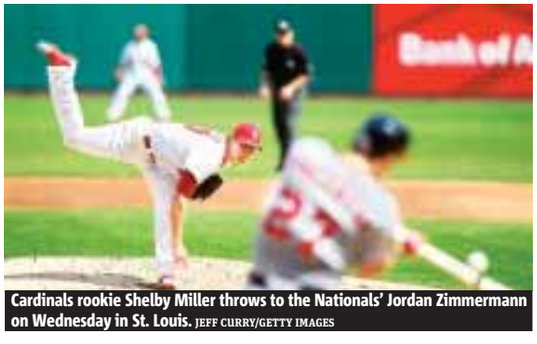
Hunter on Knights defenceman Nikita Zidorov, a Buffalo Sabres hopeful.

"He's taking draws, he's winning draws. Got a slapshot in the mouth last night. I don't know whether he lost teeth or not. Big strong guy who knows how to play defence. Got two assists the other night."

Hunter on Bo Horvat, currently trying out for the Vancouver Canucks.

"He didn't score when I saw him play on TV, but he had three or four great chances. He's got great speed. He had a couple of breakaways. So he looks pretty good. But again it's only exhibition. We'll look what happens at the next level."

Hunter on Max Domi, currently in the desert at Phoenix Coyotes training camp.



Cardinals rookie Shelby Miller throws to the Nationals' Jordan Zimmermann on Wednesday in St. Louis. JEFF CURRY/GETTY IMAGES

MLB. Cards clinch tie for NL Central title

All of those young arms embraced this pennant race. The St. Louis Cardinals threw five rookies at the Washington Nationals and clinched a tie for their first NL Central title since 2009.

Shelby Miller earned his 15th win with relief help from Seth Maness, Kevin Siegrist, Carlos Martinez and Trevor Rosenthal in a 4-1 victory that spoiled Jordan Zimmermann's bid for his 20th win and wrapped up a three-game sweep on Wednesday.

All are 24 or younger, and all have been filling critical roles for a while now.

"We know what's at stake and what we need to do to get the job done, how many games we need to win," Miller said. "Hopefully, we can just win them all.

"It's just been an amazing year; I've had so much fun and there's still a lot of baseball left."

Miller (15-9) has been in the rotation all year and leads major-league rookies in wins after allowing a run in six-plus innings.

THE ASSOCIATED PRESS

4 SPORTS

The Leafs' Phil Kessel smiles as he is applauded by teammates after winning a fight against the Sabres' Brian Flynn during pre-season action in Toronto on Sunday. FRANK GUNN/THE CANADIAN PRESS

Kessel: My emotions are under control

NHL. Leafs winger claims recent slashing is an anomaly, not a trend

Phil Kessel laughed off the notion that a couple of pre-season slashing incidents mean he needs to control his emotions better.

Last week he took swings at Flyers defenceman Luke Schenn's shins because he didn't like his friend and former Maple Leafs teammate jabbing at him. Then there was Sunday night's brawl, when he slashed Sabres tough guy John Scott multiple times, earning a suspension for Toronto's final three pre-season games.

"I just think that the slashing and the hacking and whacking ... I just think it's better served to channel your energy in another way," coach Randy Carlyle said after the game against Philadelphia last week.

Kessel considers those situations more of an anomaly than the start of a troubling trend.

"I think my emotions are pretty good, in general," he said. "I just go and play."

Of course now Kessel is a player with a record on file in the NHL's department of player safety. He escaped missing any regular-season games and the loss of salary that would entail, but the Leafs star will be treated as a repeat offender moving forward.

That could mean tougher supplemental discipline if he gets in trouble in the future, and any suspension would carry with it a heavier loss of salary.

But Kessel doesn't think this pre-season will invite opponents to goad him into more penalties.

"I think I average like under 20 penalty minutes a year or something like that," he said. "I don't think it's going to be a problem." THE CANADIAN PRESS

Teammate suspension

David Clarkson's 10-game suspension means he won't make his Leafs regular-season debut until Oct. 25.

- That doesn't mean the right-winger won't be taking on a heavy workload from now until then. Coach Randy Carlyle plans on playing Clarkson in the Leafs' final two pre-season games to keep him "as game-ready as possible."
- "I'm not going to be playing for quite a while," Clarkson said. "It's to get ready for what's ahead, and I'll work twice as hard in practice to make sure I'm ready, do extra and do all those little things."
- Clarkson played 13:19 and picked up an assist in Tuesday night's game.

NHL

Busted jaw from big-league brawl ruins rookie's fall

Buffalo Sabres rookie forward Corey Tropp is out indefinitely after breaking his jaw during a fight that sparked a melee in a pre-season game at Toronto last weekend.

Coach Ron Rolston said Wednesday that Tropp is expected to miss at least five weeks after having surgery to repair the jaw. Tropp also sustained a concussion.

Tropp's head was bloodied following a fight with Toronto's Jamie Devane midway through the third period of Buffalo's 5-3 loss on Sunday. A full line brawl occurred before the next faceoff, when Sabres enforcer John Scott went after Toronto's Phil Kessel.

The brawl led to 211 penalty minutes and three ejections.

Rolston was fined by the NHL, which deemed he was partially responsible for his player selection and team conduct. THE ASSOCIATED PRESS

NFL

Ex-Charger Oliver commits suicide

Former San Diego Chargers safety Paul Oliver was found dead at his Atlanta-area home Tuesday night, and a medical examiner said Wednesday that the ex-player committed suicide.

Cobb County investigators said Oliver, 29, was found dead at his home in Marietta, near downtown Atlanta.

Police said Wednesday that Oliver died of a self-inflicted gunshot wound.

Oliver played for the Chargers from 2007 to 2011. His best season was 2010, when he started eight times and had 62 tackles.

Oliver was a 2007 fourth-round supplemental draft pick from the University of Georgia after he was ruled academically ineligible his senior year.

Oliver was released by the New Orleans Saints after training camp in 2011 and returned to San Diego that season.

"It's sad to lose anyone, for that matter, but a guy that you played with — I can remember interactions with him like it was yesterday," said Chargers quarterback Philip Rivers. THE ASSOCIATED PRESS

NFL. Brady refuses to blame rookie receivers for red-zone struggles

Tom Brady bent forward and put his hands on his knees in frustration. Then he stood up, slapped both sides of his helmet and jogged off the field.

He had just thrown an interception in the end zone, his third straight bad pass with the ball at the six-yard line.

No, rookie receivers aren't the only players responsible for the New England Patriots' problems in the red zone.

"Just poor execution," Brady said Wednesday. "I've been one of the main culprits."

The Patriots may be 3-0 but it's not because of what they've done inside the 20. They're third in the NFL with 13 trips there but have just four touchdowns, a 30.8 per cent success rate that is the worst in the league.

In his 14th season, Brady has to get used to rookies Kenbrell Thompkins and Aaron Dobson as his primary wide receivers while Danny Amendola is sidelined. And he did throw two touchdowns to Thompkins and seven completions to Dobson in last Sunday's 23-3 win over the Tampa Bay Buccaneers.

But he failed to connect with them about five minutes into the third quarter when the Patriots had a first-and-goal at the 6.

Patriots quarterback Tom Brady WINSLOW TOWNSON/GETTY IMAGES

Brady refused to blame his new receivers.

"I think throwing an interception right to a strong safety last week doesn't help," he said, "especially (when) two plays before I had a wide-open guy. I think plays like that are more the problem."

But Brady could get some help this Sunday with the possible return of two-time Pro Bowl tight end, and enormous passing target, Rob Gronkowski. THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	95	63	.601	—
Tampa Bay	88	69	.561	6½
New York	82	75	.522	12½
Baltimore	81	76	.516	13½
Toronto	72	85	.459	22½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	92	66	.582	—
Cleveland	87	70	.554	4½
Kansas City	83	74	.529	8½
Minnesota	66	91	.420	25½
Chicago	62	95	.395	29½

WEST DIVISION

	W	L	Pct	GB
Oakland	94	65	.591	—
Texas	86	71	.548	7
Los Angeles	78	80	.494	15½
Seattle	69	89	.437	24½
Houston	51	107	.323	42½

Wednesday's results
L.A. Angels 3 Oakland 1
Chicago White Sox at Cleveland
Toronto at Baltimore
Tampa Bay at N.Y. Yankees
Houston at Texas
Detroit at Minnesota
Kansas City at Seattle
Tuesday's results
Cleveland 5 Chicago White Sox 4
Toronto 3 Baltimore 2 (10)
Tampa Bay 7 N.Y. Yankees 0
Texas 3 Houston 2
Detroit 4 Minnesota 2
L.A. Angels 3 Oakland 0
Seattle 4 Kansas City 0
Thursday's games
All times Eastern
Toronto (Buehrle 12-9) at Baltimore (Gonzalez 10-8), 7:05 p.m.
Tampa Bay (Cobb 10-3) at N.Y. Yankees (Nova 9-5), 7:05 p.m.
L.A. Angels (Williams 9-10) at Texas (Garza 4-5), 8:05 p.m.
Kansas City (Guthrie 14-12) at Chicago White Sox (Rienzo 2-2), 8:10 p.m.
Cleveland (McAllister 9-9) at Minnesota (Albers 2-4), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	93	64	.592	—
Washington	84	75	.528	10
New York	73	85	.462	20½
Philadelphia	72	85	.459	21
Miami	58	100	.367	35½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	94	65	.591	—
Pittsburgh	91	68	.572	3
Cincinnati	90	69	.566	4
Milwaukee	70	87	.446	23
Chicago	66	93	.415	28

WEST DIVISION

	W	L	Pct	GB
Los Angeles	91	66	.580	—
Arizona	80	77	.510	11
San Diego	73	84	.465	18
San Francisco	72	85	.459	19
Colorado	72	86	.456	19½

Wednesday's results
N.Y. Mets 1 Cincinnati 0
St. Louis 4 Washington 1
Chicago Cubs 4 Pittsburgh 2
Milwaukee at Atlanta
Philadelphia at Miami
Boston at Colorado
Arizona at San Diego
L.A. Dodgers at San Francisco
Tuesday's results
N.Y. Mets 4 Cincinnati 2
Atlanta 3 Milwaukee 2
Philadelphia 2 Miami 1
Pittsburgh 8 Chicago Cubs 2
St. Louis 2 Washington 0
Colorado 8 Boston 3
Arizona 2 San Diego 1 (12)
L.A. Dodgers 2 San Francisco 1
Thursday's games
All times Eastern
Arizona (Cahill 8-10) at San Diego (Erlin 3-3), 6:40 p.m.
Milwaukee (Hellweg 1-4) at N.Y. Mets (Gee 12-10), 7:10 p.m.
Philadelphia (Cloyd 2-6) at Atlanta (Hale 0-0), 7:10 p.m.
L.A. Dodgers (Volquez 9-12) at San Francisco (Lincecum 10-14), 10:15 p.m.

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	12	8	4	0	354	315	16
Hamilton	12	6	6	0	316	329	12
Montreal	12	4	8	0	285	349	8
Winnipeg	12	2	10	0	251	368	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	12	9	3	0	373	301	18
B.C.	12	8	4	0	325	302	16
Saskatchewan	12	8	4	0	376	282	16
Edmonton	12	3	9	0	294	328	6

Friday's game — All Times Eastern
B.C. at Winnipeg, 8 p.m.
Saturday's games
Calgary at Hamilton, 6 p.m.
Toronto at Edmonton, 9 p.m.
Sunday's game
Saskatchewan at Montreal, 1 p.m.

NFL

WEEK 4

Thursday's game — All Times Eastern
San Francisco at St. Louis, 8:25 p.m.
Sunday's games
Seattle at Houston, 1 p.m.
N.Y. Giants at Kansas City, 1 p.m.
Pittsburgh at Minnesota, 1 p.m.
Baltimore at Buffalo, 1 p.m.
Arizona at Tampa Bay, 1 p.m.
Cincinnati at Cleveland, 1 p.m.
Indianapolis at Jacksonville, 1 p.m.
Chicago at Detroit, 1 p.m.
N.Y. Jets at Tennessee, 4:05 p.m.
Philadelphia at Denver, 4:25 p.m.
Dallas at San Diego, 4:25 p.m.
Washington at Oakland, 4:25 p.m.
New England at Atlanta, 8:30 p.m.
Monday's game
Miami at New Orleans, 8:40 p.m.

MLS

Friday's game — All Times Eastern
Philadelphia at Kansas City, 8 p.m.
Saturday's games
D.C. United at Toronto FC, 1 p.m.
Real Salt Lake at Vancouver, 7 p.m.
Houston at New England, 7:30 p.m.
Montreal at Chicago, 8:30 p.m.
Sunday's games
Los Angeles at Portland, 3:30 p.m.
Columbus at FC Dallas, 8:30 p.m.
New York at Seattle, 9 p.m.
San Jose at Chivas USA, 11 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Mars in Leo does wonders for your confidence but don't let that blind you to the realities of your money situation. Saturn in Scorpio warns it could cost you big time if you take a risk that is best avoided.

♉ Taurus
April 21 - May 21
Disputes are inevitable but none of them are of any real importance, so don't get drawn into slanging matches with people whose main motivation seems to be envy.

♊ Gemini
May 22 - June 21
Check the facts several times today. Neptune, planet of illusion, is strong at the moment, so your mind could easily play tricks on you.

♋ Cancer
June 22 - July 23
Good news will come out of nowhere today, easing your fears and making you realize how fortunate you really are. Also, a friend or colleague will offer you the kind of advice that money cannot buy. Take it.

♌ Leo
July 24 - Aug. 23
You may have to force yourself to be enthusiastic about what you have to do today but once you get going it won't be the chore you feared it would be. It could even surprise you and make you some extra money.

♍ Virgo
Aug. 24 - Sept. 23
A few days from now, you will get the chance to do something a bit out of the ordinary. In the meantime, treat yourself kindly and don't get involved with people who only ever waste your time.

♎ Libra
Sept. 24 - Oct. 23
If you are happy with the way your life is going, that's great. If not, start making changes. The Sun in your sign means it's time to get your act in gear and get cracking on a scheme that is important to you.

♏ Scorpio
Oct. 24 - Nov. 22
With the Sun linked to nebulous Neptune today, it's unlikely you will be thinking straight. Be wary of making plans you cannot easily get out of. Be wary of your feelings too. Can you trust them?

♐ Sagittarius
Nov. 23 - Dec. 21
Your confidence may be at an all-time high and all things may seem possible but don't be deceived: There is still a lot of hard work to be done before you come close to reaching your number one goal.

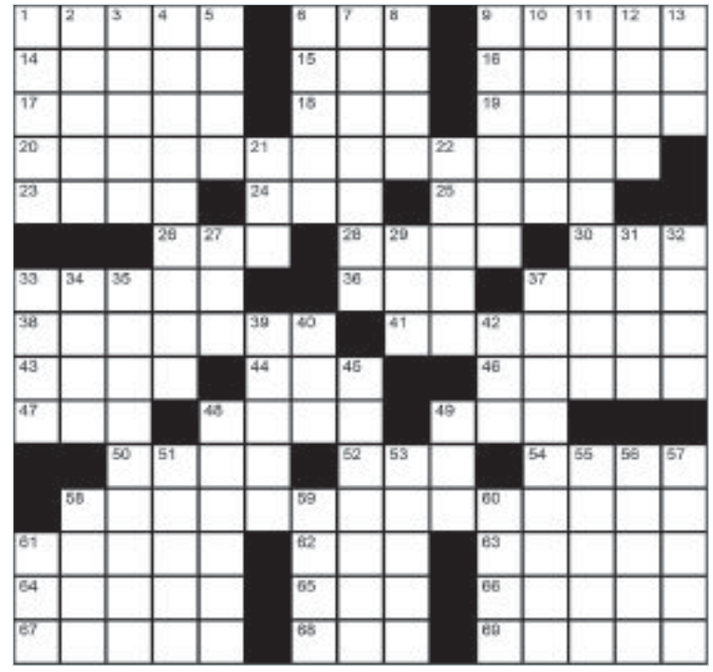
♑ Capricorn
Dec. 22 - Jan. 20
Life moves in cycles and the cycle you are on now mostly deals with your career and position in the wider world. Having said that, you can still find time for love — if you try.

♒ Aquarius
Jan. 21 - Feb. 19
It's good that you are the forgiving sort but don't go too far and forgive people for crimes they should be punished for or you will get a reputation as a pushover.

♓ Pisces
Feb. 20 - March 20
There's no point being uptight about situations that are beyond your control. That is the message of your solar chart today, so avoid confrontations you cannot win. **SALLY BROMPTON**

Crossword: Canada Across and Down

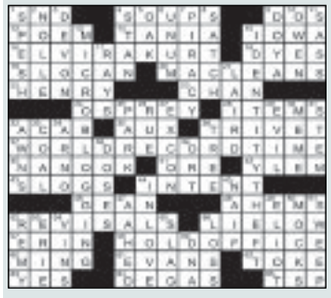
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Wild guesses
6. Work with a wok
9. Canadian author Farley
14. George Clooney job on TV, _ _ __
15. Deer sort
16. "_ __ you to..."
17. "That doesn't __ _ thing!"
18. Hawaii's __ Beach
19. __ __ example
20. Canada's is the Metric, the USA's is the what?: 2 wds.
23. Cobblestone
24. Alias acronym
25. Roman love god
26. 'Ball' suffix
28. Famous river
30. Discontinuity
33. Composer Mr. Copland
36. Polka's partner
37. Low-lying area
38. Comedian Ms. Handler
41. Ottawa, for one
43. Common sitcom roles
44. Glaswegian's 'No'
46. 99, for one, on "Get Smart"
47. TV station
48. Swindle
49. Canada's financial TV channel
50. Wharf
52. Edible green thing
54. Icelandic epic
58. Temporary __ __ (Latest trend in manicures)
61. Mr. Lauzon of Royal Canadian Air Farce
62. British singer Rita
63. Totally consumed: 2 wds.
64. Gambling destination, Monte __
65. Giggling, texting-style
66. Curt
67. Kelly Clarkson's "Since _ __ Gone"
68. Sacred chest
69. Industrial city in Germany

Down
1. 18-wheelers
2. New Orleans-set HBO series
3. Adjust
4. Pre-history working implements: 2 wds.
5. Boo-boo
6. 1978 disco hit: "Le __"
7. "The X Factor" judge Kelly
8. Fancy 'fors'
9. "Did you __ __?" (Returnee's query)
10. John Keats poem, __ __ a Nightingale
11. Political headline-grabber in the 1970s
12. Ancient Syria's biblical name
13. Midmorning time
21. Sir McKellen
22. Conference of 1945 of the Big Three
27. Slip-__ (Some shoes)
29. Winter/Summer games org.
31. Actor Mr. Arkin
32. Throw a snowball
33. Australian band
34. Captain in "Moby Dick" (1956)
35. Moscow tourist attraction: 2 wds.
37. National Film Board short films shown during TV commercials time, Canada __
39. Britannica, e.g.
40. US motorists org.
42. Cook's need
45. "The Last __" (1987)
48. Musical, Miss __
49. Sheep's sound
51. Handy
53. Canadian showbiz news show
55. Getting-things-done people
56. Put out, as flames
57. __, Colorado
58. Grouch
59. Ms. Falana
60. __ Modern (Art gallery in London, England)
61. Hosp. ward for heart patients

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	8		5		6		7	
		7				3		
	5		8		1		9	
	3	5				7	8	
8								6
	4	2				5	1	
	7		6		9		4	
		8				9		
	1		2		7		3	

Yesterday's Sudoku

7	8	9	1	3	6	2	4	5
4	6	2	5	7	9	3	1	8
5	3	1	2	8	4	6	9	7
3	2	6	8	4	7	9	5	1
8	4	5	9	1	2	7	6	3
1	9	7	6	5	3	8	2	4
2	7	3	4	6	5	1	8	9
9	1	4	3	2	8	5	7	6
6	5	8	7	9	1	4	3	2

visit metronews.ca
metro

Offer ends September 30

fido

Unlimited
Canada-wide
+2 GB
$65
per month[1]
Now get double the data on select Smart plans
› ~~1 GB~~ 2 GB of data[2]
› Unlimited Talk Canada-wide[3]
› Unlimited international Text, Picture and Video Messaging[4]
› Call Display and Voicemail[5]
› No Canadian long distance fees, no zone restrictions and no activation fee
Includes the Fido ADVANTAGE
Tab24 • Fido LiveANSWERS™ • FidoTRADE™ • FidoDOLLARS™

It's time to switch. Visit a store, call 1-866-301-3436 or go to fido.ca.

FIDO STORES

Downtown Chatham Centre, Chatham
Masonville Place, London
Westmount Mall, London
White Oaks Mall, London
Festival Marketplace, Stratford

FUTURE SHOP · MOBILE · Walmart · BEST BUY · WIRELESSWAVE · COSTCO WHOLESALE · WIRELESS etc... · booth wireless · THE MOBILE SHOP Exclusively where President's Choice® products are sold.

Offer subject to change without notice. **1.** Plans available monthly or with a 2-year Tab24 agreement. Additional long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra & billed monthly. Subject to the Fido Terms and Conditions and Acceptable Use Policy, **fido.ca/terms**. **2.** Additional data: $10/1 GB, charged in $10 increments. U.S. data roaming is $7.99/50 MB for 24 hours and International data roaming is $10/MB for Europe and $15/MB for all other applicable international destinations. **3.** Airtime includes calls from Canada to Canadian numbers only, billed by the minute. Call Forwarding costs 20¢/min. **4.** Plan includes messages sent from Canada to Canadian, U.S. and international wireless numbers. Sent/received premium messages (alerts, messages related to content and promotions) and messages sent while roaming not included and charged at applicable rates. **5.** Service includes up to 3 messages, each 3 minutes in length that can be saved up to 3 days. © 2013